

CALGARY

metro®

Tuesday, February 21, 2012
www.metronews.ca



News worth sharing.

SAMSUNG

Is it a tablet? Or ...



Across

- 1 A 5.3" screen makes it easier to ____ the Internet
- 3 Earth is one and so are Jupiter, Mercury and Neptune
- 7 See 14 Across
- 8 The operating system of the Samsung Galaxy
- 9 Neil Armstrong was the first man to walk the moon; ____ Cernan, the last
- 11 To create
- 14 It appears every 76 years (with 7 Across)
- 16 Having to do with the sun
- 17 Armstrong and Buzz Aldrin were aboard Apollo ____
- 18 Mass of stone or metal heading this way

Down

- 1 It's possible to ____ a signal off the moon back to Earth
- 2 The final space ____ mission ended last July
- 4 The Galaxy Note runs on the TELUS 4G ____
- 5 Use the Galaxy Note's browser to stay on top of the latest ____
- 6 TELUS Flex ____ Plans automatically adjust to your needs
- 10 Darkening of the sun – don't stare
- 11 Use the S Pen to literally write a text ____
- 12 What they once thought the moon was made of
- 13 Bowl-like depression on the moon
- 15 The ____ of the Galaxy Note makes it part smartphone, part tablet

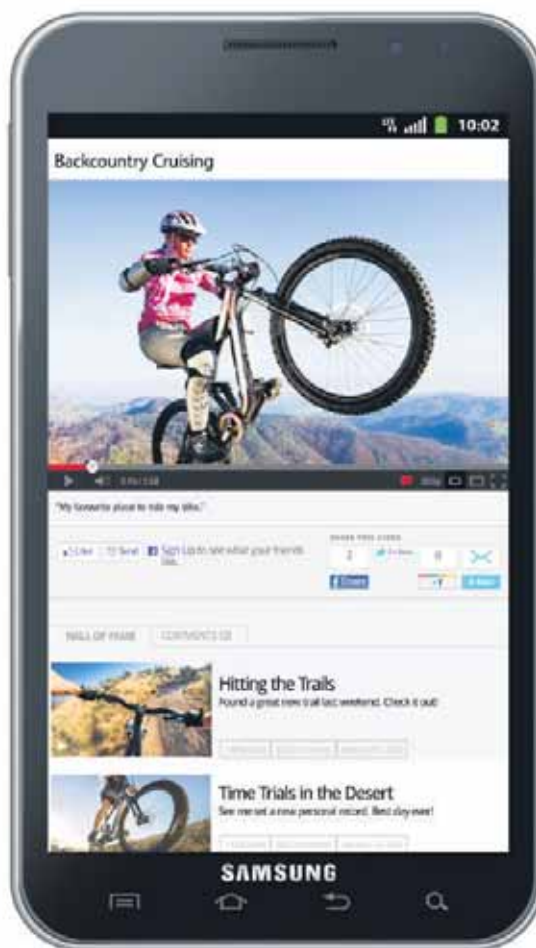
Answers can be found on February 22 at telusmobility.com/crossword.

 **TELUS**

the future is friendly®

SAMSUNG

... a smartphone?



Actual device size

It's the new
GALAXY Note.



 **TELUS**
the future is friendly®

ROBERTSON COLLEGE
work shouldn't be work.
train for a career as a
PHARMACY ASSISTANT • RETAIL
403.388.5925 www.STARTYOURCAREER.ca

UNFORGIVING COLD
CHILDREN BEAR THE
BRUNT OF DEADLY
AFGHAN WINTER (page 10)



SHAPE UP
EMMA STONE'S
TRAINER TELLS
YOU HOW (page 22)



CALGARY

metro®

Tuesday, February 21, 2012
www.metronews.ca



News worth
sharing.

Smile



► From left: Grady, 7, dad Paul Klemke and Brooklynn, 4, at the ice-sculpting area at TD Winterfest at Olympic Plaza Monday

DARREN KRAUSE/METRO

Families gather together

The Klemke family was among the hundreds of people to take part in the TD Winterfest activities at Olympic Plaza Monday for Family Day. Activities were spread across Calgary, including Canada Olympic Park, Fort Calgary and the Olympic Oval for families to get out and enjoy some time together.

LRT lots' reserved parking scheme must change: Aldermen

► City council voted to introduce \$70 monthly fee for guaranteed spot one year ago ► Previously, mandatory \$3 fee was in place



JEREMY NOLA
@METRONEWS.CA

Commuter confusion and revenue concerns continue to fuel criticism of the reserved-parking system at Calgary LRT lots, with at least one alderman stating he would bring back the daily \$3 fee "in a heartbeat."

Council voted a year ago to introduce a reserved-parking system for up to 50 per cent of the available spaces at LRT stations in the city after scrapping a mandatory \$3 charge for all vehicles the year prior.

But opponents of the system say complaints have yet to subside from perplexed constituents opting not to fork over the reservation charge.

"The \$3 fee was simple," said Ald. Gael Macleod. "The situation we have now — trying to balance

Parking rate

► **Monthly fee.** Currently, 37 per cent of all guaranteed spots are being claimed for a monthly fee of \$70. Nearly half of the reserved parkers surveyed said the program provides good or excellent value for their money, according to a report.

supply and demand — is going to be confusing no matter what we do."

The committee report does concede that the reservation system is not "customer-friendly," has limited flexibility and is prone to glitches. Work is underway to develop a new system, and the report also hints at lowering the reservation fee to \$50 at three stations where the service has been sparsely utilized — Anderson,

Franklin and McKnight-Westwinds.

Ald. Brian Pincott said further tinkering of the reservation system is indicative of its failures and will likely only serve to bolster frustration.

Those councillors who do continue to support the system are in favour of changes that keep in line with commuter demand.

"You could just simply keep the number of reserved stalls well under 50 per cent.... I don't believe going back to \$3 is the answer," said Ald. Dale Hodges.

Council colleague Gord Lowe disagrees, openly pledging support for a return to the old system that bolstered Calgary Transit coffers by \$4 million annually — more than double the revenue currently earned from the reserved system.

"(Transit) is consistently having a lose-lose situation imposed on them by council," he added.

LASIK MD FINANCING

\$0 DOWN	\$0 PAYMENTS	0% INTEREST
--------------------	------------------------	-----------------------

FOR 12 MONTHS*

LASIK MD
LASER VISION CORRECTION

Starting at **\$490/eye***

FREE Consultation: 1-877-554-9888
CALGARY: 734 7th Avenue SW, Suite 900
www.lasikmd.com

*Offer requires a 12-month commitment. Financing is subject to credit review. Other conditions may apply.

LET US SHOW YOU WHY WE'RE #1 IN CANADA

HIGH VOLTAGE SALE



C120539

BRAND NEW **2012 CHEVROLET SILVERADO THUNDER**
CREW CAB 4X4 5.3L, PDZ CHROME PACKAGE (\$1000 VALUE), ABS, STABILITY & TRACTION CONTROL

\$39,988

MSRP: \$47,385

\$269 B/W

50 TO CHOOSE FROM



QBQD07

BRAND NEW **2012 CHEVROLET VOLT**

ELECTRIC DRIVE UNIT, BOSE PREMIUM 6-SPEAKER AUDIO SYSTEM, A/C, NAVIGATION, DVD

ON SALE NOW



C110827

BRAND NEW **2011 CHEVROLET SILVERADO 1500**
4.3L V6, A/C, ABS, STABILITY & TRACTION CONTROL, POWER STEERING

\$17,488

MSRP: \$28,455

\$118 B/W



C120461

BRAND NEW **2012 CHEVROLET SONIC**

POWER DOOR LOCKS, OIL PAN HEATER, BLUETOOTH, REAR SPOILER

\$16,288

\$109 B/W

31 TO CHOOSE FROM



ONLY 22 2011s LEFT - BRAND NEW BUICK LUCERNE, CHEVY CRUZE, GMC TERRAIN, CADILLAC CTS AND MORE - ALL PRICED TO GO - DON'T MISS OUT!

PAYMENTS ARE O.A.C. @ 5.99% FOR 84 MONTHS. TAXES AND FEES NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.



1313 36 St. NE, Calgary, AB T2A 6P9
403-705-8380 www.cmpauto.com



AMVIC LICENSED



FOLLOW US FOR NEWS, EVENTS, SPECIALS, PRIZES:



FREE MOBILE APP:



Graham James should get jail time: Fleury

Retired NHL star Theoren Fleury says it's common sense that his junior hockey coach should get jail time for sexually abusing him when he was a teenage player.

But Fleury also says he's already moved on — no matter what happens to Graham James in court.

James is to appear at a sentencing hearing in Winnipeg on Wednesday. He pleaded guilty via video link in December to repeated sexual assaults against two former junior players: One of them Fleury and another who cannot be named because of a court-ordered publication ban.

The Crown and defence will make their sentence recommendations. The hearing will also allow the victims to be heard. Fleury won't attend as he'll be in Vancouver preparing to host the National Aboriginal Achievement Awards.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS



► Theoren Fleury

Brother of bomb victim says he's living in fear

- RCMP 'optimistic' arrest will be made soon in Innisfail attack
- Young mother killed deliberately by exploding package in November



JEREMY NOLAÏS
@METRONEWS.CA

Daughter

Vicky Shachtay's daughter Destiny, who was not home at the time of the explosion, is staying with her step-grandfather and is doing well, said the victim's brother Derek Shachtay.

Haunted by what happened to his sister and fearing for the safety of his own children, Derek Shachtay can't sleep, can't eat and can't work.

"I can't do anything," he said Monday from his Didsbury home. "They (the RCMP) aren't telling us nothing.... Everything's just fallen apart."

Shachtay's 23-year-old sibling Vicky was killed after a package delivered to her Innisfail home in late November exploded.

RCMP have offered few details on the disturbing incident other than to say the package was intentionally delivered with the purpose of killing the young mother, who had recently been left a wheelchair-bound paraplegic due to injuries suffered in a car crash.

The unknown of who could possibly want to harm his sister is what bothers Derek the most, leading him to fear for the safety of his one-year-old daughter and a second child due to be born next week.

"I watch over my shoul-

der — I am paranoid," he said. "I don't know if this (individual) is still angry and is going to take it out on the rest of her family. We haven't even been offered any form of protection."

RCMP spokesperson Patrick Webb said investigators have yet to determine a motive for the crime and whether anyone else could be in danger.

"Nothing would be offered until we determined whether it's even necessary," he said.

Shachtay said he wishes investigators would keep him more informed about the search for his sister's killer, but Webb said members are often limited in what they can reveal.

"We can't tell them anything that could jeopardize the investigation,"



► Deceased Innisfail mother Vicky Shachtay is seen with daughter Destiny in this undated photo.

he noted, adding the last time he touched base with investigators they were "optimistic" that an arrest would be made soon.

In the meantime, Shachtay said he's sought psychiatric assistance but it still waiting for a referral.

Overcome by grief, he hasn't worked since shortly after the bombing and will likely be evicted from his house later this week because he is unable to pay his rent.

"I loved everything about Vicky," he said. "I have no idea where to go from here."

1

news



It's been an upbeat three years for Archie, but a bizarre CEO feud is rocking the company behind the comic. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca

Canadians living across the border from Detroit are rallying to put an end to what they call the 'Windsor Hum.' Watch at metronews.ca/video.

Alberta Security Training Academy



Security Guard Training

Licensed by the Solicitor General & Ministry of Public Security

- Alberta Basic Security Training
- PPCT • First Aid/CPR
- Private Investigation Course

Now booking for evening courses



PLEASE CALL 403-453-1186

www.albertasecuritytrainingacademy.ca

info@albertasecuritytrainingacademy.ca

Become a Medical Office Assistant in 7 months



Health Care needs you

- \$2000 in Bursaries available to all students
- Morning, afternoon & evening classes available
- Career services assistance provided to graduates

ABM College of Health and Technology

1,3516 -26th Street, N.E. Calgary T1Y 4T7 (opposite to Greenwood Inn)

Call Now: 403-719-4300

www.abmcollege.com

info@abmcollege.com

Mom keeps family afloat by couponing

► Young mother's son diagnosed with autism, her husband laid off from work ► Excess products gained by her couponing are donated to charity



JEREMY NOLAÏS
@METRONEWS.CA

Couponing is not just some hobby for Melissa Potts, it's a means of survival.

The 29-year-old Calgary mother manages to balance her family's budget using just the earnings from her husband's part-time job.

Potts herself suffers from multiple sclerosis. Two years ago, her son Liam was diagnosed with autism and her husband Andrew also copes with recurring medical issues.

"When Liam was diag-

nosed, I realized I was going to have to stay at home," she said. "We had to cut back on everything.... Couponing has become my full-time job in a sense."

Liam's expenses alone have the potential to drain the Potts' bank account. He wore diapers for a longer period than an average child and his diet is still made up almost entirely of expensive baby food.

To counter those costs, as well as two monthly vehicle payments, rent and numerous other expenses, Potts often spends up to 20 hours each week

acquiring coupons.

She starts by scouring two newspapers delivered to her home each day and has also arranged to acquire leftover copies at two neighbourhood convenience stores.

Potts makes a point of routinely attending coupon-swap meetings hosted by her grandmother, and even trades away some of her paper possessions online in exchange for cold, hard cash.

The determined mother also offers up lessons to others on the finer points of couponing for a fee, and is even being paid to attend an upcoming

Two great deals

- Melissa Potts doesn't just have a keen eye for deals on groceries. The Calgary mother counts spending \$20 on a \$500 haul of school supplies from Superstore as one of her crowning achievements.
- Potts also recently spent \$30 on power tools — sanders, drills and other equipment — and resold the items to a friend for \$800.

woman's show in Nanton, where her methods will be on display for attendees.

Potts admits that some

 To follow along with Melissa Potts' couponing endeavours, head to her blog, calgarycouponmomma.blogspot.com

of her more well-crafted deals leave her with more items than her family will ever need — 160 bottles of shower gel stacked neatly in her linen closet serves as a prime example.

In those instances, the Potts box up the items and take them to local aid organizations, like the Calgary Drop-In Centre.

"If we didn't, people would accuse me of hoarding," she said with a laugh.

And in the end, all of her efforts appear to have left an impression on even her youngest critic.

"She buys me cupcakes," said a shy Liam as he licked his lips.







Thinking About an Art and Design Career?

In today's highly visual and brand-conscious world, there's never been a better time to be a creative professional. If your vision for the future includes an exciting career in art & design, then a diploma from Reeves College may be the secret to your success. Train today to become a **Computer Graphic Designer!**

Additional programs available:

- Accounting & Payroll Admin
- Medical Office Assistant
- Legal Admin Assistant
- Paralegal
- Oil & Gas Administration
- And More

CONTACT US FOR MORE INFO } **CALL: 1.800.710.1448** **VISIT: learn.ReevesCollege.ca**

facebook /ReevesCollege twitter /ReevesCollege YouTube /ReevesCollege

ENJOY THE SOUND OF HORNS AT RUSH HOUR

THE RED VIOLIN



Thursday, February 23 – 6:30pm
Jack Singer Concert Hall




Experience a different kind of rush hour, and end your day surrounded by the sights and sounds of live music.


Katherine Duncan of CBC and CPO Conductor Roberto Minczuk add insight to the music at this casual one-hour concert.

Copland	<i>Fanfare for the Common Man</i>
Kernis	<i>Too Hot Toccata</i>
Corigliano	<i>Suite from The Red Violin</i>
Bernstein	Three Dance Episodes from <i>On the Town</i>

SKIP THE TRAFFIC, SEE THE CPO!



Roberto Minczuk • Music Director

403.571.0849 • CPO-LIVE.COM



► Melissa Potts and her son Liam work hard, using the coupons that she keeps in a pink binder, to keep the shelves stocked in their Calgary home.



big-time savings

94%

Melissa Potts shaved off about 94 per cent of the total cost of her current inventory using coupons. The items listed below retail for an approximate total of \$4,000. Potts paid just \$250.

Melissa Potts' current inventory:

- 160 bottles of shower gel
- 85 canisters of hair product
- 75 sticks of deodorant
- 50 toothbrushes
- 50 bottles of hand/dish soap
- 45 air fresheners
- 40 cans of soup
- 38 boxes of pasta
- 35 packs of feminine products
- 33 cans of beans
- 30 tubes of toothpaste
- 30 boxes of plastic, re-sealable food bags
- 30 cans of tomatoes
- 25 packs of plastic, re-sealable food containers (2-4 containers per pack)
- 25 jars of peanut butter
- 25 pouches of pasta dish mix
- 25 packages of razors
- 20 boxes of cereal
- 20 packages of facial care products
- 20 tins of tomato paste
- 15 packs of baby wipes
- 15 jugs of juice
- 15 jars of jam
- 15 cans of tuna
- 12 boxes of granola bars
- 10 1.5-litre bottles of mouthwash



Top 4 places to coupon, according to Melissa Potts

- 1 London Drugs.** The biggest selling point for London Drugs is shoppers are allowed to double up coupons on a single item. Potts advises amateur deal-hunters to develop a relationship with cashiers ahead of time to avoid annoying them with a bundle of coupons down the road.
- 2 Walmart.** A little-known feature at major retail chain Walmart is overage. If a coupon offers savings over and above the actual cost of the item, that cash is applied to the rest of the bill. Potts has achieved up to \$40 in overage on a single bill in the past, putting that cash towards items that don't typically come with a coupon, like meat and fresh veggies.
- 3 Superstore.** Frequent clearance sales at Superstore coupled with a wide range of coupons can shrink a bill to virtually nothing, Potts says.
- 4 Safeway.** Using a Safeway Club Card and coupon combo can lead to major savings on specific items; however, major hauls at the popular grocery-store chain can be tougher to pull off for those living on a stringent budget, Potts says. ● JEREMY NOLAIS

The Unlimited After Work plan

Unlimited when you need it to be



Unlimited evenings from 5 p.m.
Unlimited weekends
Unlimited texts anytime
150 weekday minutes
Per-second billing

Only
\$25
per month¹

1st month FREE!
with Fido Agreement

fido



LG Optimus 2X
\$0 ~~\$30~~
with select 3-year Fido Agreements²
You save \$425

Motorola RAZR™
\$50 ~~\$100~~
with select 3-year Fido Agreements²
You save \$475

Galaxy Nexus
\$130 ~~\$160~~
with select 3-year Fido Agreements²
You save \$470

Get the Fido ADVANTAGE™

FidoDOLLARS FidoANSWERS



Discover the tab-free way

It's time to switch. Go to fido.ca, visit a store or call 1-866-301-3436.



Offers subject to change without notice. A one-time \$35 Activation Fee applies; receive a credit for the entire amount of the \$35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. ¹Available for a limited time with new activation on a 2- or 3-year Fido Agreement. Applies only to monthly service fee of plan. **1.** Additional airtime, long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. Local airtime minutes only. Plan includes messages sent from Canada to Canadian wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions), sent international texts and messages sent while roaming not included and charged at applicable rates. Subject to Fido Terms and Conditions & Acceptable Use Policy, fido.ca/terms. **2.** With new activation on a 3-year Fido Agreement on plans of \$25 or more and eligible Data Add-on (\$10/100 MB Add-on excluded). Taxes extra. TMPortions of this page are reproduced from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. All other brand names and logos are trademarks of their respective owners. Fido & design, Fido ADVANTAGE, FidoDOLLARS and FidoANSWERS are trademarks used by Fido Solutions. © 2012

PARKS CANADA

Avalanche warnings issued

Parks Canada is warning winter adventure-seekers of "considerable" avalanche risks at a number of popular Alberta and British Columbia destinations

Included in the alert are high-elevation areas in Banff, Yoho and

Kootenay national parks.

Danger ratings have also been hiked for the Lizard Range, Purcells and South Rockies areas.

According to an advisory issued Monday, forecasters believe fresh snow projected to fall later this week could hamper the stability of existing snowpacks.

If conditions persist, the advisory could remain in place for up to two weeks.

● METRO

Snow wreaks havoc on highway

Slippery roads were to blame for a number of crashes west of Calgary Monday.

Snow blanketed the TransCanada Highway

near Canmore, leading to a crash near Lac Des Arc that sent five people to hospital with non-life-threatening injuries.

RCMP also responded to a number of other minor collisions as traffic in both directions was reduced to one lane for several hours in the afternoon. ● METRO



For more local news, visit metronews.ca/calgary

Thousands take in the Plunge at the zoo

► Lineup for attraction hundreds long Monday afternoon
► Forty-six penguins of different species in exhibit



DARREN KRAUSE
@METRONEWS.CA

Like many in line for the Calgary Zoo's Penguin Plunge Monday, Catherine Barrett was a placeholder.

Barrett, a seasoned Calgary Zoo-goer, stood with her coffee in hand — in a penguin line expected to be a minimum of two hours long — while her family took the trail through the nearby Canadian Wilds.

It didn't bother her. It would all be worth it, she said, when she saw the look on the face of her seven-year-old animal-loving daughter, Sofia.

"They're penguins. They're fascinating," Bar-



SERGEI BELSKI/CALGARY ZOO

► Thousand made their way to the Penguin Plunge exhibit in its opening weekend at the Calgary Zoo.

rett said, later admitting she and her husband contemplated taking the day off mid-week to avoid the lines.

Barrett was among the

thousands to take in the Calgary Zoo over the Family Day long weekend, with attendance bumped up by the new flightless birds.

"The penguin exhibit is

Happy feet

► Skene said the zoo is typically busy over this weekend, but the Plunge has likely added a couple thousand extra to the gate numbers.

► Signs posted at the admission counter stated a possible two hour wait to see the penguins Monday.

proving to be extremely popular among our guests," said Laurie Skene of the Calgary Zoo.

Barrett said the next exhibit brings excitement to the zoo.

"I think it's great they brought the penguins in," she said, noting sometimes zoos get a bad rap for having the animals in captivity.

"It's important for people to be able to see and interact with animals like this."

The Penguin Plunge opened last Friday.

METRO CUSTOM PUBLISHING

SKILLS FOR SUCCESS

El Salvador is a tiny country — less than half the size of Nova Scotia, with a population about the size of the GTA — but it is one of the most dangerous countries in the Western hemisphere. There were 3,985 violent deaths in El Salvador in 2010, most related to gang activity; that is a higher per-capita number than in Afghanistan.

That's why communities place a high priority on giving their young people tools to build a future. "Our preschool centres are critically important," says Laura Mata, chief of communications for World Vision El Salvador, which works with community groups to create programs to ad-

dress their most pressing needs. "By giving small children a good educational foundation, they're ready for Grade 1. They're then more likely to be successful and less likely to flunk out or quit later."

World Vision's Children's Clubs and Youth Clubs not only provide young people with a safe place to socialize, but also give them life skills and vocational training. (In one club, Kevin, 15 was learning to bake bread and fancy pastries; in another, a band of musicians practiced while another group took learned to paint.)

Carlos, who is now 17, remembers the first time he went to a World Vi-

sion Communications Club in Tacuba, a small mountain town near the Guatemalan border where local gangs are particularly powerful. "I was 13. Some of my friends had been to the club and done a radio show, and they needed more people. I went. I was very nervous. But it was such a nice experience my [nervousness] vanished."

Before that, Carlos had been playing hookey from school since age 10, had failed 4th grade and fallen in with a sketchy group. At the club, "I got really involved. I realized I had to stop doing the things I'd been doing. I started studying again." Today he

DAVID TSCIOULIS



World Vision's Youth Clubs give children a place to have fun and learn, nurturing talents that give them hope for a productive, fulfilling future.

leads other teens in the group and works half-days at a local professional radio station while attending high school.

Of course World Vision Canada sponsorships support efforts like nutrition and health care programs in El Salvador. But Laura believes that is just as important to "improve knowl-

edge. You can't change lives by just giving tangible things," she says. "Change comes by giving life skills and vocational skills so that [young people] can be someone in the future."

At the Tacuba Communications Club, says Carlos, "getting into the radio shows is what changed my life."



60 days to change 4,000 lives

Join the
Campaign for Children

February 1-March 31, 2012

Sponsor a child today

www.worldvision.ca/children

1 866 619-2224



Calgary father pays back charity with extreme trek

- ▶ Ronald McDonald House vital to family while son had heart surgery
- ▶ Atacama Crossing in Chile among world's toughest endurance events



JEREMY NOLAÏS
@METRONEWS.CA

When Calgary youngster Oskar Sharkey was diagnosed with a heart condition in 2009, his parents feared the worst.

Surgery in Edmonton loomed and the family was left with more questions than answers.

Enter Ronald McDonald House.

With cheap accommodations and, more important, plenty of other families to lean on for support, the Sharkeys pulled through.

Nowadays, Oskar bounds around like a typi-

cal six-year-old, always with a smile on his face, his father, Brett Sharkey, says.

To pay back the house for their support, Sharkey is attempting one of the toughest feats known to man.

The Atacama Crossing is a 250-kilometre self-supported race through an unforgiving Chilean desert.

"Anyone can imagine what it takes just to do a marathon," Sharkey said.

"Now imagine doing four marathons in a row and on the fifth day you are doing a double. Then you add the heat, the backpack, the sand, the water,

See how he runs

▶ During the Atacama Crossing, Brett Sharkey will run in everything from knee-deep sand to river rapids.

▶ At the start of his trek, Sharkey's pack will weigh approximately 25 pounds. All racers are required to carry clothing, a sleeping bag and all of the food they plan to eat.

the salt flats into the mix.... It's pretty extreme."

Sharkey, 40, is close to meeting his fundraising goal of \$10,000 and is

▶ Sharkey's diet will consist of instant oatmeal and peanut butter in the morning, protein-enriched beverages during the day and prepackaged freeze-dried meals for dinner. He will also carry a few snacks such as bison jerky and salt-and-pepper chips.

▶ To donate to Ronald McDonald House or to find out more about Brett Sharkey, go to rmsouthernalberta.org.

making final preparations before heading south next week.

Larry Mathieson, executive director of Ronald Mc-



▶ Oskar Sharkey, 6, is all smiles now after undergoing surgery for a heart condition in 2009. His father, Brett, is trekking across a Chilean desert to raise funds for Ronald McDonald House.

Donald House, said staff will be cheering loudly from home.

"I don't think we ever expected he would do

something like this to thank us," he said.

"It's a pretty ambitious endeavour, to say the least."

FREE Internet, Marketing and Brand Building Training
Coming To The Calgary Area Reveals...

ONE TIME ONLY!

"HOW TO START, BUILD, OR GROW YOUR BUSINESS IN 2012 USING THE INTERNET!"

PROFIT From The Digital Marketing Revolution!

The Internet is forever changing the way we communicate and do business. Facebook touts more than 800 million active users, over 34,000 Google searches happen *per second*, and there are more than 144 million Twitter "tweets" per day. The web is growing rapidly, more and more people get online each day – and this includes YOUR TARGET CUSTOMERS.

If you're not getting FOUND, you're getting LOST! But the good news is, even if you're not "technically inclined" you can still use the Internet to build your business, or create a new source of *passive income*!

At this **FREE** 2-Day Business Building Conference, you'll see how YOU can easily use new digital marketing strategies to **PROFIT in today's wired world**.



Stedman Graham
"The Businessman Who Captured Oprah's Heart"
Executive, Consultant, Educator, New York Times Bestselling Author, World Renowned Marketing and Branding Expert.

JT Foxx
Leading Business, Marketing, and Wealth Coach, Serial Entrepreneur, Syndicated Radio Personality.

Raymond Aaron
New York Times Bestselling Author, Leading Success and Investment Coach, Syndicated Radio Personality.

AT THIS EVENT YOU WILL LEARN:

- How to build your online marketing and branding plan!
- Free and low cost Internet advertising sources to attract floods of new customers.
- How to master the art of outsourcing to get more done!
- How to use Social Media like Facebook, Google+ and Twitter to create loyal, raving fans!
- How to start a new "side" income stream that runs 24/7 on autopilot.

ATTENDEES ARE SAYING:

"This event has been by far above any event I have ever attended. There was an awesome amount of content packed into 2 days and all of it was valuable and will increase all areas of my business."

- Carolyn Wilson

"JT Foxx has transformed me from a self-employed business owner struggling to keep my business afloat to a successful and strategic entrepreneur who is respected by and connected to clients worldwide."

- T.B.



FREE GIFT FOR ALL ATTENDEES!
The bestselling biography, *Steve Jobs by Walter Isaacson* (A \$35 Value)

iMarketing Genius Live!

REGISTER NOW FOR THIS **FREE** EVENT!!! SEATS ARE LIMITED!!!

Calgary- March 1 & 2, 2012
Delta Calgary Airport
2001 Airport Road N.E.
Calgary Alberta, T2E 6Z8 Canada

For More Information and
To Register **FREE** visit:
www.iMarketingCalgary.com or
call **1-800-611-3347**

the Bay

**FREE
ADMISSION**

Southcentre Gift Registry and Blackfoot Inn present the 10th Annual

Blackfoot Inn - 5940 Blackfoot Tr SE
Spring BRIDAL Show
Sunday, March 4th, 2012 • 12 - 4:30pm



First 100 Brides receive Free Laugh Shop tickets and Gift Bag
Fashion Show 3:30pm dresses by Lily Pad and
Marianna's Wedding Salon.
Grand prize - \$2000 value (Ranchman's, Maritime Travel and The Blackfoot Inn)

OVER 30 UNIQUE VENDORS INCLUDING:

- Cake sensations
- My Memories Photography
- Beyond Photography
- Tupperware
- Calgary counseling centre
- Moore's
- Photography By Linda
- Lily Pad - Bridal Wear
- Norwex
- Ranchman's
- Michell's Growers Direct
- Marianna's Wedding Salon
- Wild Bill music
- Rare Passions
- Meow & Quack Creations
- Revolution Entertainment
- Party Lite
- Sunlife Financial -
- Elemental Earth
- FotoBooth Calgary
- Rork Hilford-Marriage
- Ken Livingstone &
- Evanescent
- Lia Sophia
- Commissioner
- Cheryl Hookey
- Influential Imprints
- Epicure Selection -
- Sweetly Speaking Inc.
- M8 Events
- The Epoch Times
- Alison Rist
- Maritime Travel
- The Studio of Dance
- Welcome Wagon-Calgary

FIGHT FOR THE CURE

Trudeau the underdog in charity fight

Conservative Sen. Patrick Brazeau is the favourite against Liberal MP Justin Trudeau in an upcoming boxing match, an online book-maker says.

Bodog.ca said it looked at the men's experience — particularly Brazeau's black



► Trudeau

belt in karate — and physical stature and put Brazeau at +500 odds and Trudeau at +300. That means Brazeau has more than an 80 per cent chance of winning, it said.

"I was just trying to size up these fighters as if they were actual boxers and trying to put them at a number," said Adam Burns, sports-book manager for Bodog.ca.

The Fight For the Cure match is on March 31 in Ottawa. ● JESSICA SMITH IN OTTAWA

Third charge laid in 'couch surfing' death

A Quebec man accused of driving a vehicle that dragged a sofa carrying two of his friends, one of whom was killed, faces three criminal charges.

Alex Labbe, 21, of St-

Benjamin, had already been charged with hit-and-run causing death and dangerous driving causing death. On Monday, the Crown laid a third charge of criminal negligence causing death in the Saturday-night stunt that killed Francois Hallee, 22. He was freed on \$2,000 bail.

THE CANADIAN PRESS

Feds blasted over veterans' aid

SEAN KILPATRICK/THE CANADIAN PRESS FILE

► Vets not given proper reasons for denial of benefits, ombudsman says

Reaction

► A spokeswoman for Veterans Affairs Minister Steven Blaney said he welcomes the report and intends to act quickly.

► "Cutting red tape and providing hassle-free services to our veterans is minister Blaney's top priority," Codie Taylor said.

A report on how former soldiers are told whether they have qualified for disability benefits is the start of a wide-ranging look into problems plaguing veterans' care, the veterans ombudsman says.

In his report into whether veterans are given enough information about why they are granted or denied disability benefits, Guy Parent found the government is failing.

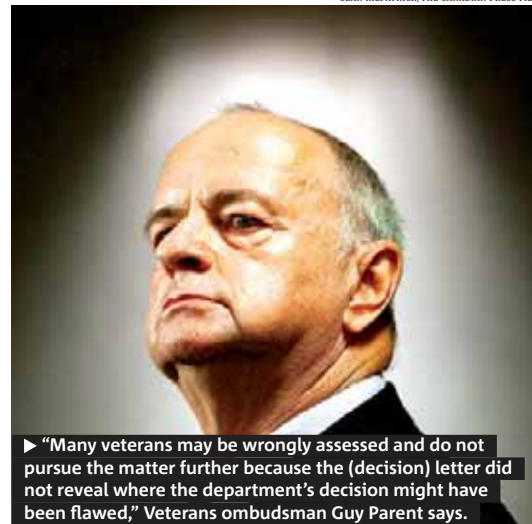
And failure so early in the process can have a domino effect that Parent says he intends to study over the coming years.

"We needed to start somewhere and I think this is a good point," he said in an interview.

The report released Monday reviewed a sample of 213 disability benefit decision letters sent between 2001 and 2010 and found

that none clearly stated the reasoning behind the decision. About one in five gave enough detail for veterans to attempt to deduce the rationale, but the remainder came up entirely short.

Parent said providing information to support a decision is fundamentally different from simply providing a reason for a decision. Failing to provide supporting information for decisions is at odds with



► "Many veterans may be wrongly assessed and do not pursue the matter further because the (decision) letter did not reveal where the department's decision might have been flawed," Veterans ombudsman Guy Parent says.

the Veterans Bill of Rights and other federal laws, he said.

His report makes four recommendations. The way the letters are generated needs to be improved and reasons for decisions need to be stated in plain

English, not medical or legal terms.

It also says manuals should be reviewed to make sure adjudicators are aware of what has to be in the letters, and a quality assurance system must be in place. THE CANADIAN PRESS

Don't pay extra
for Call Display
and Voicemail.
Talk about a tag team.

Only from
Koodo!

Included in all our new and
improved Canada-wide plans.



koodo
mobile

Good call



► FUTURE SHOP



Walmart

koodo
shop

Calgary
Chinook Centre
Deerfoot Mall
Market Mall
Marlborough Mall
Medicine Hat Mall
Southcentre Mall
Sunridge Mall

Lethbridge
Park Place Shopping Centre

Red Deer
Bower Place

Rocky View
CrossIron Mills

U.K., U.S. show need for caution with C-30: Critics

► When authorities are given power, they use it: Civil-liberty advocate

Opponents of the government's online-surveillance bill say Canada should look to its allies for cautionary tales before pushing ahead with measures that would erode Internet freedom.

Experiences in other jurisdictions such as the United States and Britain show no evidence of improved crime-fighting ability and "overwhelming evidence of increased surveillance," said Micheal Vonn of the British Columbia Civil Liberties Association.

The Canadian legislation would allow police, intelligence and Competition Bureau officers access to Internet-subscriber information — including name, email address and Internet



SEAN KILPATRICK/THE CANADIAN PRESS

Toews threats

- RCMP have been asked to investigate threats against Public Safety Minister Vic Toews, pictured.
- Toews has been the target of an online campaign connected to the introduction of the government's Internet-surveillance bill.

Protocol address — without a warrant.

THE CANADIAN PRESS

canadianimmigrant.ca

VOTING IS OPEN!

Visit canadianimmigrant.ca/top25/vote today to vote for Canada's Top 25 Immigrants.

Presented by

Media Partners

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



NEED A RIDE?
Read metrodrive every Wednesday.



Your bridge to an accounting career.

CA Bridging enables you to complete all the business and accounting courses needed for admission to the CA School of Business (CASB) while continuing to work full-time.

Available exclusively on the University of Lethbridge Calgary and Edmonton campuses

calgary.campus@uleth.ca
www.uleth.ca/calgary

edmonton.campus@uleth.ca
www.uleth.ca/edmonton

University of
Lethbridge



Faculty of Management

A partnership between the Chartered Accountants Education Foundation of Alberta and the University of Lethbridge Faculty Of Management.



► A child stands with his father as they wait to receive blankets and winter jackets at a camp in Kabul for internally displaced Afghans.

Afghan winter freeze claims more than 40 lives

- Record cold snap forces locals to seek out temporary shelter to stay warm
- Number of deaths so close to aid organizations' offices shock public

More than 40 people, most of them children, have frozen to death in what has been Afghanistan's coldest winter in years, an Afghan health official said Monday.

The government has recorded 41 deaths from freezing in three provinces — Kabul, Ghor and Badakhshan, said Health Ministry spokesman Ghulam Sakhi Kargar.

All but three or four of those deaths were children, he said. Twenty-four of the deaths were in the capital of Kabul, mostly in camps for people who have fled fighting else-

where in the country.

Kabul has been experiencing its worst cold snap and heaviest snowfall in 15 years, according to the National Weather Center. It said the weather was to improve by the end of the week.

Heavy snowfall in Day Kundi province caused an avalanche late Sunday in the Sang-i-Takht district that damaged three dozen homes and shops. The avalanche caused no injuries, said Nasrullah Sadiqizada, a member of parliament from the central province.

The hardest-hit have been people living in tents

in a number of camps around the capital.

The deaths in camps so close to the offices of international organizations overseeing billions of dollars in aid to the country, have shocked many in Kabul.

Kargar says the ministry is establishing mobile clinics to try to get help out to people suffering in the cold.

The cold has also caused a spike in the price of gas and wood — the main fuel used by the city's five million or so residents to heat their homes.

THE ASSOCIATED PRESS

Help on the way

- The UN and the U.S. aid agency have started distributing extra blankets, tarps and fuel to people living in 40 camps throughout the city, the U.S. Embassy said in a statement last week.
- Most of those in the camps have fled from nearby provinces, though some have returned from years abroad to find themselves homeless.
- NATO also delivered an estimated 1,000 blankets, coats, socks, mittens and hats to a refugee camp in Kabul.

Red Cross attempt Syria ceasefire

The International Committee of the Red Cross said Monday that it is trying to broker a ceasefire aimed at allowing emergency aid to reach people in the areas

most affected by fighting in Syria, where thousands have died in an 11-month uprising against President Bashar Assad's regime.

An ICRC spokeswoman said the Geneva-based aid group has been in talks with Syrian authorities and opposition groups for some time but attempts to negotiate a ceasefire had begun only recently. She declined to specify when.

THE ASSOCIATED PRESS

Ugandan women forced into sex slavery

Advertisements pinned on the walls of shopping malls in Uganda's capital promise young women a free ticket to a well-paying job in Malaysia as a nanny,

bartender or maid.

Instead many are forced to become sex slaves to pay off travel fees and other costs, totalling as much as \$7,000. The traffickers brainwash their victims into believing they may die if they quit.

Officials say nearly all of the prostituted girls have college degrees but can't find jobs in Uganda, where unemployment is high.

THE ASSOCIATED PRESS

Strauss-Kahn faces another sex scandal

► Named in police investigation over prostitution ring
► Was charged in New York last May ► Case fell apart

Former IMF chief Dominique Strauss-Kahn will be questioned Tuesday by French police investigating a suspected hotel prostitution ring.

Police in the northern French city of Lille are probing a suspected prostitution ring in France and neighbouring Belgium that has implicated police and other officials.

Police have questioned prostitutes who said they had sex with Strauss-Kahn during 2010 and 2011 at a luxury hotel in Paris, a restaurant in the French capital and also in Washington, D.C. Strauss-Kahn lived in the U.S. capital while he was head of the International Monetary Fund before resigning his IMF position in May.

Strauss-Kahn's name



► Dominique Strauss-Kahn

surfaced in the investigation last fall and his lawyer has asked that Strauss-Kahn be allowed to tell his side of the story. One of Strauss-Kahn's lawyers has said that the former French presidential hopeful never knew that the

women at orgies he attended were prostitutes.

It is Strauss-Kahn's latest run-in with police over alleged sexual misconduct.

Strauss-Kahn was charged by New York police in May with making a hotel maid perform oral sex. The one-time French presidential hopeful has said the sexual encounter was "inappropriate" but not violent.

New York prosecutors dropped the case against him in August because the woman had undercut her credibility by lying about her background and changing her account of her actions right after the alleged attack. She says she was truthful about the encounter and is pursuing her claims in a lawsuit.

THE ASSOCIATED PRESS

Threats don't stop South Korea military drills

South Korea conducted live-fire military drills near its disputed sea boundary with North Korea on Monday despite Pyongyang's threat to respond with a "merciless" attack.

North Korea did not carry out the threat as it focuses on internal stability two months after the death of longtime leader Kim Jong-il and prepares for nuclear disarmament talks with the United States later this week. But with American forces scheduled to conduct additional military exercises with ally South Korea over the next few months, tensions are expected to remain high in the region.

Washington and North Korea's neighbours are closely watching how new leader Kim Jong-un, Kim Jong-il's son, navigates strained ties with rival South Korea.

THE ASSOCIATED PRESS

50 years. Astronaut



► John Glenn became the first American to orbit the Earth on Feb. 20, 1962. He is also the oldest person to have flown in space, having done so in 1998, at the age of 77.

JAY LAPRETE/THE ASSOCIATED PRESS

Milestone in space

U.S. Sen. John Glenn, in Columbus, Ohio, spoke via satellite with the astronauts on the International Space Station. The event was to mark of the 50th anniversary of Glenn's historic space flight.

2701 32 AVE NE, CALGARY, AB

SUNRIDGE AUTOMOTIVE SUPERCENTER

5 REASONS TO SHOP THE SUPERCENTER:

- DON'T PAY UNTIL MAY 2012*
- LOW PRICES
- AMVIC INSPECTED VEHICLE
- 25% OFF EXTENDED WARRANTIES
- STANDARD TIRE & RIM COVERAGE

FAMILY VALUES

2007 TOYOTA SIENNA
POWER WINDOWS & LOCKS, AIR/CRUISE/TILT, REAR DVD
\$17,888

2006 MERCEDES r500
AWD, FULLY LOADED, LEATHER, SUNROOF, REAR DVD
from \$26,888

2006 PONTIAC MONTANA
POWER WINDOWS & LOCKS, AIR/CRUISE/TILT
\$8,888

2010 DODGE CARAVAN
POWER WINDOWS & LOCKS, AIR/CRUISE/TILT
from \$16,888
3 to choose from

2009 NISSAN TITAN
6 PASS 4DR CREWCAB, 37K, PUSH BAR, FULLY LOADED
\$21,888

2011 NISSAN TITAN
6 PASS 4DR CREWCAB, LOW KMS, BOXLINER, FULLY LOADED
from \$26,888
3 to choose from

VEHICLES MAY NOT BE EXACTLY AS SHOWN. TAXES AND FEES NOT INCLUDED.

SUNRIDGE NISSAN
NISSAN Commercial Vehicles
SUNRIDGE AUTOMOTIVE:
A DIVISION OF SUNRIDGE NISSAN
403-705-8420
sunridgenissan.com

THE ORIGINAL KING OF CREDIT
CALL JON NOW DRIVE TODAY!
403-999-9283
CREDITKINGCALGARY.COM

Sunridge Automotive
2701 32 AVE NE, CALGARY, AB T2C 1S6

FOLLOW US FOR NEWS, EVENTS, SPECIALS, PRIZES: FREE MOBILE APP:



► Canada Post President and CEO Deepak Chopra.

Canada Post must modernize, CEO says

► \$2.1 billion being put toward revamping service

The growth of online retailers represents the biggest opportunity in a generation, but Canada Post chief executive Deepak Chopra says the post office needs to change to survive as fewer letters get delivered each year.

Chopra says the organization is going through its biggest upheaval since the introduction of postal codes and machine sorting.

And while the number of windowpaned envelopes with the latest Visa bill or bank statement are decreasing, the volume of yellow-padded envelopes with eBay purchases are on the rise.

"We're on the verge of a massive explosion in e-commerce," said Chopra.

Postal services around the world are facing the same trends that squeeze their business, undercut revenues and threaten to produce mass layoffs. The U.S. Postal Service says it may lose as much as \$18.2 billion a year by 2015 without major changes. Canada Post is also restructuring. It opened its first new plant in 20 years in Winnipeg and is retrofitting major operations in Toronto, Montreal and other cities. Modern equipment is speeding processing times, but means less manual handling and

tensions with unionized workers. **THE CANADIAN PRESS**

Walmart raises stake in online Chinese retailer

Walmart plans to buy a controlling interest in the fast-growing Chinese online retailer Yihaodian.

The big-box-chain operator has agreed to increase its stake in Yihaodian's holding company to approximately 51 per cent, Walmart said Sunday. The financial terms of the deal were not disclosed and it must be

approved by Chinese government regulators. Yihaodian has been in business for less than four years. It sells more than 180,000 products, ranging from groceries to electronics to clothing. It has 5,400 employees and a delivery net-

Canadians holding on to dollar bills

In the age of debit and credit cards, Canadians still love cash.

That's the conclusion of an unusual survey by the Bank of Canada, which talked to about 6,800 Canadians, including half who were asked to record their purchases over three days. Findings revealed cash still accounts for 53.8 per cent of all transactions, and if the purchase was under \$25, that share goes to about 70 per cent.

"In particular, consumers prefer to use cash because they find it fast, cheap, safe against fraud and convenient for budget-control purposes," it said in a discussion paper.

THE CANADIAN PRESS

YOU HAVE 9 DAYS TO HELP
THE 350,000 CANADIANS WITH SERIOUS HEART RHYTHM DISORDERS.
 Please donate this February at **heartandstroke.ca** and make death wait.
 HEART & STROKE FOUNDATION

work across Shanghai, Beijing, Guangzhou, Wuhan and Chengdu. Walmart said the deal improves its access to Chinese consumers who use smartphones and social media to shop.

THE ASSOCIATED PRESS

YouTube reaches out to Tinseltown for viewers



► Crew members work on a costume at the Maker Studios in Culver City, Calif. YouTube is investing \$100 million in 96 new channels with help from Hollywood.

YouTube is enlisting Hollywood's help to reach a generation of viewers more familiar with smartphones than TV remotes.

The online-video giant is aiming to create 25 hours of programming per day with the help of some of the top names in traditional TV. The Google-owned site is spreading its wealth among producers, directors and other filmmakers using a \$100-million US pot of seed money it committed last fall. The fund represents YouTube's largest spending on original content so far.

YouTube believes it is laying groundwork for the future. While the number of traditional TV watchers has levelled off in recent years, more and more people are watching video on mobile phones, tablets and computers, especially the

18- to 34-year-old age demographic that advertisers covet. The idea is to create 96 additional YouTube channels, which are essentially artists' home pages, where viewers can see existing video clips and click "Subscribe" to be notified when new content goes up.

THE ASSOCIATED PRESS

What to expect

- **YouTube has attracted** Fast Five director Justin Lin, who directs episodes of Community; CSI creator Anthony Zuiker; and Nancy Tellem, former president of CBS entertainment.
- **Several new channels**, such as the extreme-sports-focused Network A and Spanish-language Tutele, have launched. YouTube hopes to have them all up this summer.

Market moment

TSX	Dollar	Oil	Natural gas
No change (12,458.30)	No change (100.43¢ US)	No change (\$103.24 US)	\$2.68 US No change
			Gold \$1,725 US No change

Eurozone agrees to save Greece from bankruptcy

After more than 12 hours of talks, the countries that use the euro reached an agreement early Tuesday to hand Greece \$170 billion US in extra bailout loans to save it from a potentially disastrous default next month, an unidentified European Union diplomat said.

The euro surged as the news broke, climbing 0.7 per cent to \$1.328 within minutes. While much depended on the details of the

deal, a final agreement for Greece will take some pressure off the 17-country currency union, which has been battling a serious debt crisis for two years.

The deal — details of which were still being worked out by European finance ministers in an all-night session in Brussels — was expected to bring Greece's debt down to 120.5 per cent of gross domestic product by 2020, according



► Greek Finance Minister Evangelos Venizelos, second right, speaks with Belgian Finance Minister Steven Vanackere, left, French Finance Minister Francois Baroin and Greek Prime Minister Lucas Papademos at the EU Council building in Brussels on Monday.

to the official. That's around the maximum that the International Monetary Fund and the eurozone considered sustainable.

Meanwhile, a senior eurozone official says private holders of Greece's debts have agreed to more substantial losses than previously expected, including a face value loss of 53.5 per cent on their bonds.

The investors — mostly banks and investment

funds — have agreed to swap their bonds for ones with longer maturities and lower interest rates starting at two per cent and eventually rising to 4.3 per cent, according to Jean-Claude Juncker, the prime minister of Luxembourg.

That deal agreed to on Tuesday is a critical part of lowering Greece's debt so that it can eventually be paid off.

THE ASSOCIATED PRESS



CALGARY

Deerfoot Meadows

(403) 253-1800

Northland Village

(403) 247-8415

Marlborough Mall

(403) 248-5554

(403) 235-6779

Chinook Park Plaza

(403) 252-2227

Macleod Trail Co-op

Shopping Centre

(403) 287-0870

2015 32 Ave. NE

(403) 291-6801

Shawnessy

Shopping Centre

(403) 254-6901

Marda Loop

(403) 265-5555

Gulf Canada Square

(403) 261-2012

SunCor Energy Centre

(403) 532-5994

Beacon Hill

(403) 295-8006

South Trail Crossing

(403) 257-6655

Crowfoot Crossing

(403) 215-7300

17th Avenue Plaza

(403) 974-3150

Beddington

Towne Centre

(403) 216-9363

T & T Supermarket

(403) 230-3380

London Town Square

(403) 219-2113

Aspen Landing

(403) 727-2019

City Plaza

(403) 263-7595

Okotoks

(403) 995-9349

TD Square

(403) 571-7760



CALGARY

Millrise Plaza

(403) 256-2015

London Place West

Shopping Centre

(403) 246-7333

5244 Falsbridge Gate NE

(403) 280-5533

5149 Country

Hills Blvd. NW

(403) 215-2500

Market Mall

(403) 202-0200

Sunridge Mall

(403) 280-5151

Chinook Centre

(403) 253-0229

Southcentre Mall

(403) 225-6593

North Hill Centre

(403) 202-1801

Deerfoot Mall

(403) 275-3500

GET THE FAMILY TRULY unlimited talk & text

AND SAY GOODBYE TO THOSE OTHER CELL PHONE COMPANIES



Add an additional voice and
messaging line to your family plan for

\$27⁹⁷/mo/line
Includes all
monthly fees[±]

UNLIMITED Talk²

UNLIMITED Extreme Text Messaging³

UNLIMITED Picture & Video Messaging³

UNLIMITED Canada-Wide Family Plan Member Calling⁴

UNLIMITED Canada-Wide Calling from your Computer⁵

CALL 1 888 846-8133

CLICK rogers.com/FamilyPlan

VISIT Your local Rogers retail store

There's never been a better time to switch



Offers available for a limited time only and subject to change without notice. [±]Includes the Government Regulatory Recovery Fee which varies by province and ranges from \$2.35-\$2.97/line/month (\$2.35 AB/BC/MB/ON, \$2.75 QC, \$2.88 NB, \$2.97 NL, \$2.78 NS, \$2.85 PEI, \$2.97 SK). It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. It is not a tax or charge the government requires Rogers to collect and is subject to change. See rogers.com/regulatoryfee for details. A one-time Activation Fee of up to \$35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. 1 Minimum of 2 lines required (\$95.94/mo for first two Ultimate Unlimited Voice & Messaging Family Plan lines). Each additional Ultimate Unlimited Voice & Messaging Family Plan line \$27.97/mo (up to a maximum of 5 lines total). All members on the same account must activate on the same Couples & Family plan. Lines may be added at any time. New lines added require the primary line be renewed for the same period. 2 Local calls only, excluding calls made through Call Forwarding, Video Calling or similar services. 3 Compatible device required. Includes Extreme text/picture/video messages sent from Canada to Canadian wireless number and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions) sent international texts and sent/received Extreme Text/picture/video/IM/email (as applicable) while roaming not included and charged at applicable rates. To learn more about Extreme text, go to rogers.com/extremetext. 4 Unlimited Canada-wide calling between same plan members only. 5 Feature available in Manitoba (Feb. 12, 2012). Available with use of the Rogers One Number devices (IP phone or telephone adapter) or web phone only. Compatible computer with internet access required. Not applicable to wireless device usage. Regular local and long distance charges under your Rogers wireless plan apply when using the Rogers One Number service with your wireless device. Includes text/picture/video messages sent from Rogers One Number devices or web phone (as available) to Canadian wireless numbers; incoming messages will be charged as per your wireless plan and current pay-per-use rates (as applicable). Use of the Rogers One Number service may cause you to use additional internet data depending on your internet data usage allowance; internet service charges and overage rates (if applicable) apply in accordance with your Rogers or third-party internet service package. The Rogers One Number service is intended for personal use only, based on a total of 44,640 minutes available in a 31-day month. Subject to the Rogers Terms of Service and Acceptable Use Policy available at rogers.com/terms. See rogersonenumber.ca for details. ©2012

WORLD MARKETS

Asian stocks fall despite Greece deal

Asian stock markets fell Tuesday even as European leaders appeared to have finally clinched a deal for a rescue package to prevent Greece from bankruptcy.

Japan's Nikkei 225 index was down 0.2 per cent at 9,464.19. Hong Kong's Hang Seng fell 0.5 per cent to 21,323.99 and South Korea's Kospi lost

0.8 per cent to 2,009.79. Benchmarks in Taiwan, Singapore, mainland China and the Philippines also fell. Australia's S&P/ASX 200 added 0.7 per cent to 4,287.10. New Zealand and Indonesia also rose.

In Tokyo, a waning yen failed to perk up many of Japan's big exporters, whose profits increase when the home currency weakens. Panasonic Corp. lost 2.1 per cent, Sharp Corp. fell 1.6 per cent and Nintendo Co. fell 1.4 per cent.

THE ASSOCIATED PRESS

U.S., Mexico drill down oil-and-gas deal

► U.S. companies allowed to partner with Mexico's national oil company ► Neither country constrained

The United States and Mexico agreed Monday to work together when drilling for oil and gas below their maritime border in the Gulf of Mexico.

Secretary of State Hillary Rodham Clinton and Mexico's foreign minister signed the deal at a ceremony in the Mexican resort of Los Cabos as Mexican President Felipe Calderon and U.S. Interior Secretary Ken Salazar looked on.

The co-operation stems from an understanding that President Barack Obama and Calderon reached in 2010 to share in the profits and work together to avoid spills. Clinton said the deal would "ensure safe, efficient, responsible exploration of the oil and



► Catherine Ashton, EU high representative for foreign and security policy, left, and Mexico's foreign minister Patricia Espinosa, right, sit next to Secretary of State Hillary Rodham Clinton in Los Cabos, Mexico, on Monday.

gas reservoirs in the Gulf of Mexico." Clinton said the agreement will prevent extraction or boundary disputes and create new business opportunities.

Calderon said the deal creates clear rules and

should erase any fear among Mexicans that their oil will be appropriated by Americans. He stressed that "operations will be done in a safe and responsible manner, with full respect to the environment."

THE ASSOCIATED PRESS

Leak may be cause of BP fire

A spokesman says a fire at BP's Cherry Point refinery might have been caused by a leaky flange connection.

However, BP spokesman Scott Dean said Monday the information filed with the Coast Guard's National Response Center is very preliminary and the cause remains under investigation.

It remained unclear how long the refinery would be out of service. The company is trying to supply customers from existing stocks or other sources. The refinery can process 230,000 barrels of crude oil a day. It produces 20 per cent of Washington's gasoline and the majority of aviation fuel for the Vancouver, Sea-Tac and Portland airports.

THE ASSOCIATED PRESS



Parley Training
www.parleytraining.com

Presentation and Public Speaking Workshop
April 2-4, Best Western, Calgary

3-Day Onsite Corporate Workshop
Total Group Cost \$2400 for 3-10 Participants

Email: info@parleytraining.com

Global Reach. Innovative Programs. Diverse Perspectives.

Schulich MBA/IMBA



"Coming from a community development background, the Schulich MBA gave me a firm foundation for a career in sector development. Learning from world-class experts in the areas of Nonprofit Management, and Business & Sustainability has given me the leadership, knowledge, and skills for capacity-building, and the strategic eye for identifying new and exciting growth opportunities."

Christina Sackeyfio (MBA '11)
Financial Literacy Trainer/Coordinator
The Canadian Centre for Financial Literacy

Diverse Perspectives.

Multiple approaches to private, public and nonprofit sectors. International students and faculty. Focus on economic, social, ethical and environmental issues to gain a career advantage. Experience Schulich.

www.schulich.yorku.ca

Schulich Programs: MBA, Accelerated MBA, International MBA, MBA/JD, MPA, Master of Finance (MF), MSc (Business Analysis)

Study Options: Full-Time, Part-Time Evenings, Days and Alternate Weekends



MBA/IMBA/MF Information Session

Calgary Marriott Downtown Hotel
March 6, 6:00 pm – 7:30 pm
110 9th Avenue SE

To register, visit:
www.schulich.yorku.ca/infosessions

Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#9 in the world); *Forbes* (10th best non-US school); *Bloomberg Businessweek* (9th best non-US school); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and *Expansión* (#20 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by *The Economist*, *Forbes*, The Aspen Institute and *Expansión*.



YOU ARE WHAT YOU PIN

SHE SAYS ...

JESSICA NAPIER
METRO



If Facebook is like a diary of what my life actually looks like (albeit a carefully curated one), then Pinterest is my vision board for what I wish my life looked like.

If you're unfamiliar with this rapidly growing social-networking site, well, where have you been? Here's how it works: images of beautiful clothes, adorable animals, elegant homes and perfectly styled foodstuffs are virtually "pinned" onto thematic boards. Users can edit and share their digital pinboards with fellow pinthusiasts who can then comment on, like and repin the images on their own boards and so on.

While a small percentage of the images are purely practical — think "the best DIY drain cleaner" — the majority are simply things that are nice to look at. The photo-sharing site is especially popular among young women (hi there!) who grew up tearing images out of magazines and tacking them up on corkboards to create aspirational collages. Taking this low-tech practice and moving it online is both genius in its simplicity and its revenue-generating potential.

"In January of this year, Pinterest became the fastest website in history to break through the 10 million unique visitor mark..."

Not only is Pinterest easy to use, it's also hopelessly addictive. I've stayed up until 1 a.m. browsing online catalogues of stunning interiors because I decided my home-decor board absolutely needed some new material. I catch myself pinning at home, at the office, in transit ... heck, I've pinned 10 times already while writing this column.

Interestingly, Pinterest's user demographics in North

America differ vastly from those across the pond. The overwhelming majority of American users are females (83 per cent) using the site to post images from feminine interest areas such as fashion, hair and beauty, wedding decor, recipes, etc. In Britain, more than 50 per cent of the users are males sharing very different materials, including SEO and marketing resources, web analytics and venture-capital-related items. Notwithstanding these differences, images concerned with homemade crafts rank pretty high in both countries. I guess you can't deny the popularity of DIY tchotchkes.

While you could dismiss this photo-sharing site as a frivolous collection of eye candy, you'd be a fool not to recognize its potential. I'm sure plenty of companies and brands would love to know that I have visited websites and even made a couple of purchases as a direct result of something I stumbled upon on someone's virtual pin board.

In January of this year, Pinterest became the fastest website in history to break through the 10-million-unique-visitor mark and it's growing exponentially every single day. So are you getting nervous, Mr. Zuckerberg?

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at metropolitanpanel.ca and take the quick poll

How much personal information do you post online?

YOU CAN FIND MY LIKES AND DISLIKES, BUT THAT'S ABOUT IT.

41%

12%

ALL OF IT. I'VE GOT NOTHING TO HIDE.

47%

I KEEP ALL MY PERSONAL INFORMATION WRITTEN IN PIG LATIN AND HIDDEN UNDER MY BED.

Daily Zoom

Out of the blue in Rio



Revellers gather in Rio for parade

RIO DE JANEIRO. This year's Carnival celebrations seem to have drawn some of the unlikely of fans. These "Smurfs" were some of the many revellers who descended on Rio de Janeiro to watch the elaborate parades of Carnival which culminate on Fat Tuesday before the start of the Catholic season of Lent.

● MWN

Swivelling hips for 40 minutes

PARADE. The main event of the Carnival takes place at the Sambadrome, a city strip flanked by stands with 80,000 spectators, where 13 samba schools perform with lavish moving floats. Feathered dancers dance and swivel their hips nonstop for 40 minutes to compete for the prize of the parade's champion. ● MWN

Local tweets



@M_KWAD:

Mistakes happen, but really, is leaving me in a waiting room for 30 mins without an update the way to go? Thanks VW South Centre! #yyc

► @iainmartin3: Shoppers of Walmart, I give you the first commandment. Thou shalt not wear thine pyjamas to the store. #calgary #yyc

► @crazylegs1990: Getting closer to the birds in tuxedos #yyc zoo 1 hour 15 minutes

► @Shipwrekk: ... hates how pizza places in #Calgary don't open til the afternoon #yyc

► @trevorbacque: Best back-to-back dinners yesterday/tonight I've had since Christmas Eve/Christmas. Sushi followed by tacos. #yyc

► @dollhouseyyc: Ok, one positive #pcaa decision... #familyDay. Great day with family and friends in #BownessPark #yyc

► @jesskostka: Gorgeous, sunny day in #yyc - looking forward to an afternoon & evening filled with family and delish food :)

GETTY IMAGES

Carnival facts

► **History.** Carnival dates back to the 18th century and mixes the traditions of Portuguese settlers with the culture and history of the African slave population. The first parade of samba schools was in 1928.

► **What samba schools do.** Each school features up to 6,000 drummers, dancers and other participants as

well as spectacularly decorated floats. The schools develop an allegorical theme with a specially written samba song.

► **Queens of the Night** Each school has a rainha, or queen, who leads the drum corps. Usually dressed in little more than a huge plumed headdress and high-heeled shoes, they are often famous actresses or models.

**comwave®**

Long Distance



Make long distance calls even from your mobile phone at our guaranteed lowest rates

- ✓ No matter where you call... anywhere in the world
- ✓ No matter what rate you currently pay

Comwave will beat it...

GUARANTEED!

1 Cent to India

1000 minute bundle only \$10/month



1¢
/minute

From 3.9 ¢/min



Bangladesh

From 5.9 ¢/min



Iran

From 7.9 ¢/min



Lebanon

From 1.9 ¢/min



Romania

From 7.9 ¢/min



Ukraine

Australia.....1.9 ¢/min	Israel.....1.9 ¢/min	South Korea.....2.9 ¢/min
Bosnia.....13.9 ¢/min	Italy.....1.9 ¢/min	Sri Lanka.....9.9 ¢/min
China.....1.9 ¢/min	Lebanon.....7.9 ¢/min	Trinidad.....4.9 ¢/min
Colombia.....3.9 ¢/min	Mexico.....1.9 ¢/min	U.A.E.....14.9 ¢/min
Cuba.....89.9 ¢/min	Pakistan.....5.9 ¢/min	U.K.....2.9 ¢/min
El Salvador.....9.9 ¢/min	Philippines.....11.9 ¢/min	Vietnam.....4.9 ¢/min
Germany.....1.9 ¢/min	Poland.....1.9 ¢/min	Serbia.....7.9 ¢/min
India.....2.9 ¢/min	Russia.....1.9 ¢/min	

Unlimited Canada

Unlimited calling to anywhere in Canada



\$5
/month

30 Minutes Every Month **FREE**

To Canada & USA

Satisfaction Guaranteed... No Contracts

**comwave®**

1-866-769-9603

www.comwave.ca



While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE Lifetime Rate Guarantee is based on competitors lowest advertised rate for the services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Bundled minute plans cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details.



Home Phone



All Features
FREE

Risk FREE Trial

Try our home phone absolutely
FREE! If you're not 100%
satisfied, you pay nothing!

**Unlimited
Local**

Unlimited local calls plus
over 14 FREE features



\$14⁹⁵
/month

**Unlimited
Canada**

All the features FREE plus
unlimited Canada wide
long distance



\$19⁹⁵
/month

**Unlimited
Global**

Unlimited long distance to
almost 60 countries plus
all features FREE



\$29⁹⁵
/month

Limited time offer

6 Months FREE



comwave

1-866-769-9603

www.comwave.ca



While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE (UNCL) VWP 311 has certain limitations versus traditional STT. All Unlimited Plans do not include calls to the Yukon, Northwest Territories, Alaska and Hawaii. The 6 Month Free Promotion is based on a 31R term and includes a 90-Day Satisfaction Guarantee period. The Global Plan includes a 30-Day Satisfaction Guarantee period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guarantee Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 90 days, you will receive an additional 3 months free for a total of 6 months free. Terms and conditions apply. See www.comwave.ca for details.

OVER 70 AUTOMOTIVE JUDGES
1 WINNER



AUTOMOBILE JOURNALISTS
ASSOCIATION OF CANADA

2012 CANADIAN
CAR OF THE YEAR

HYUNDAI ELANTRA



HYUNDAI

NEW THINKING.
NEW POSSIBILITIES.

Filming on a mission

► Act of Valor crew had their work cut out for them following the days of real-life Navy SEALs



ADAM
NAYMAN
SCENE@METRONEWS.CA

"We wanted to show that these guys were human beings and not Terminators," says Scott Waugh, the co-director of the unconventional new feature Act of Valor, an action movie starring real-life Navy SEALs.

"Originally, they turned us down, saying that they weren't actors, and that they weren't Hollywood guys.

"We told them that we only wanted them to be themselves."

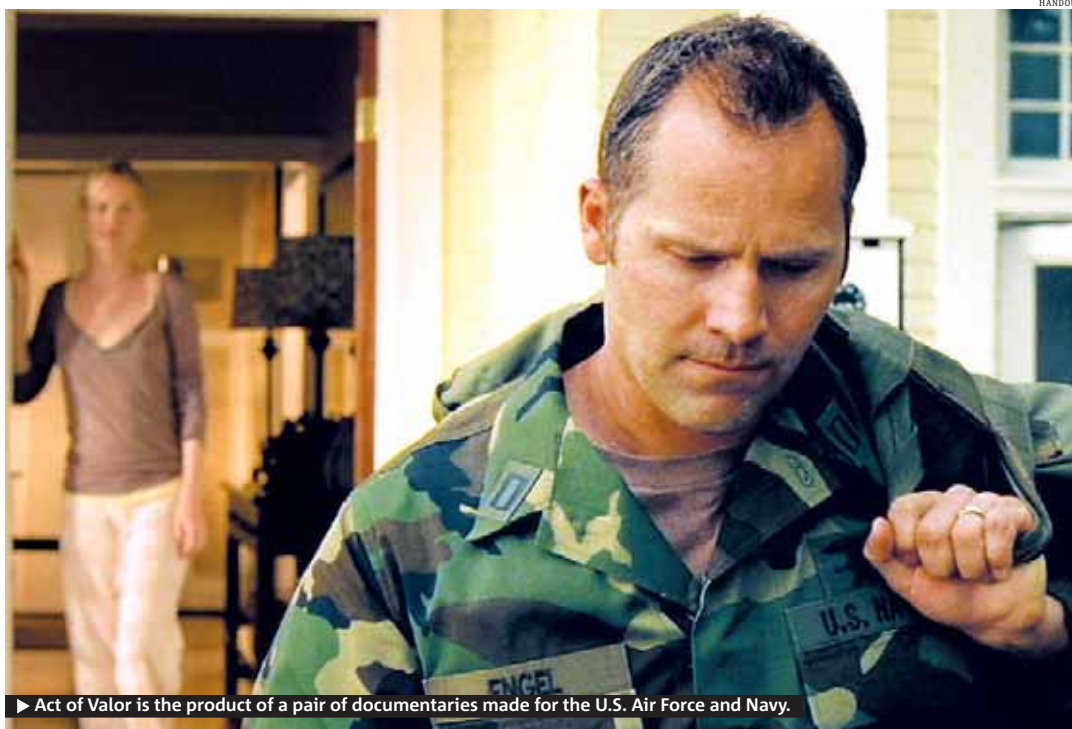
Waugh is a former stuntman and his co-director Mike McCoy used to race motorcycles for a living, so it's no surprise that they were able to relate to a group of alpha-male types.

Act of Valor grew out of documentaries the pair made for the Air Force and the Navy, but it's a fictional narrative, featuring scripted dialogue, plot twists, and actors in supporting roles (mostly as the terrorist villains on the wrong end of the SEALs' gun-sights).

McCoy says that the story is rooted in reality, however.

"Everything that happens to a SEAL in the film has happened to a SEAL on the battlefield."

In some cases, the line between filmmaking and field work blurred together:



► Act of Valor is the product of a pair of documentaries made for the U.S. Air Force and Navy.

er: a scene where the SEAL team rendez-vous with a nuclear submarine was shot using the real thing.

"We waited until a true insertion operation was planned and then hopped on," says Waugh, who says that they weren't given exact coordinates on the sub's location until the morning of the shoot.

"All that stuff is real and shot in real time."

"We avoided CGI," adds

McCoy.

"It's all real stuff, like in the action movies we were raised on."

That also means that the SEALs did their own stunts, which McCoy says was less of a stretch than one might think.

"The way they train, they're the most physically capable people on the planet."

While Waugh and McCoy acknowledge that releasing such a pro-military

movie into such a polarized political moment is a risk, they say they don't have any agenda: their admiration for their subjects and subject matter is sincere.

"We had one goal when we started the film," says Waugh, "and that's that the guys would still want to have a beer with us when we were done. And I'm proud to say that we're still drinking beer together."

Shooting SEALs

► The Act of Valor crew followed real SEAL training sessions and although there might be concern about revealing the identities of these special operations forces, the SEALs they followed weren't in an operational position, but merely in training. The faces of the SEALs and their first names are used in the movie.

2

scene

Box office



Woody Allen's romantic fantasy *Midnight in Paris* and Alexander Payne's family drama *The Descendants* have won top screenplay honours from the Writers Guild of America. Writer-director Allen earned the guild's prize Sunday for original screenplay on *Midnight in Paris*. Director Payne shared the adapted screenplay honour with co-writers Nat Faxon and Jim Rash.

THE ASSOCIATED PRESS



Canadian film sound engineers lose out to Hugo team at Audio Society Awards

teach your passion



becomeateacher.ca
nationally-recognized teacher preparation program



scan to connect to teacher stories

Celebrity tweets



Packing makes me anxious. I hate limiting my choices.



@DanaDelany

OK, I get it — everyone on Twitter is clever — enough already...



@jimmykimmel



@SteveMartinToGo

Found small Chinese person inside my iPhone. Apple needs to address working conditions.

@margaretocho

Should I put wet underwear in microwave?

Judi Dench's eyes are dim

Dame Judi Dench admits that she's been battling macular degeneration, an eye condition that's causing the 77-year-old to lose her vision. "I can't read scripts any more because of the trouble with my eyes," she tells the Daily Mirror. "And so somebody comes in and reads them to me, like telling me a story." But



► Dame Judi Dench

Dench, who's undergoing treatment for the condition, doesn't have any plans to give up acting. "As long as there is a possibility of working, I'm not going to retire," she says. **METRO**

Houston items go up on the auction block

► Singing legend was buried on Saturday and already her Bodyguard dress, earrings are up for grabs ► How much will these pieces of Whitney go for?

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Well, that was quick. She was just buried on Saturday, but the vultures are already circling: It was announced on Sunday that the black velvet dress and a pair of earrings Whitney Houston wore in *The Bodyguard* will be put up for auction next month in California as part of a Hollywood Legends auction.

According to celebrity auctioneer Darren Julien, Houston's *Bodyguard* items became available after her death on Feb. 11.

"It proves a point that these items, they're an investment," Julien told *The Associated Press*. "You buy items just like a stock. Buy at the right time and sell at the right time, and they just increase in value."

He continued: "It's a celebration of her life. If you



► A fan takes a photograph at the gravesite of Whitney Houston Sunday in Westfield, N.J.

hide these things in fear that you're going to offend someone — her life is to be celebrated. These items are historic now that she's passed."

Point taken. But her death is already so tragic. Can't we have an appropriate amount of time to mourn before everyone starts to profit off of her? Say, a week?

Lilo to actually work?

Lindsay Lohan is set to host Saturday Night Live on March 3, but the gig didn't

come without a fair amount of begging and pleading, according to TMZ.

Sources say that with her community service nearly complete, the troubled actress is hoping to kick-start her career comeback.

To that end, Lohan reached out to the show's executive producer, Lorne Michaels, suggesting the idea of her hosting again. This will be Lohan's fourth time hosting the program.

And I know you all will be tuning for all of the wrong reasons.



► Lindsay Lohan



JILL'S SISTER IS GONE & WE NEED YOUR HELP TO FIND HER!

Visit clubmetro.com for your chance to WIN a prize pack and opt in to join the GONE challenge.

Solve the clues and you could WIN more prizes, including \$500 CASH!

To register and for full contest details visit clubmetro.com



HEALTHCARE • BUSINESS • TECHNOLOGY

FRESH START

- Marketing Coordinator **NEW**
- Business Management **NEW**
- Medical Office Assistant with Health Unit Coordinator **NEW**
- Legal Administrative Assistant **NEW**
- Hotel & Tourism Management **NEW**
- Help Desk Support Analyst **NEW**
- Health Care Aide
- Business Administration
- Computerized Payroll Accounting
- and more!

ENROLL TODAY

Academy OF LEARNING
Career and Business College
www.academyoflearning.ab.ca
Financial Assistance available to qualified applicants.

Calgary Northeast (403) 569-8973
Calgary South (403) 252-8973
Red Deer (403) 347-6676
Medicine Hat (403) 526-5833

BUY IT NOW ON BLU-RAY™ COMBO PACK & DVD

J. EDGAR

YOU COULD WIN A COPY OF J. EDGAR ON BLU-RAY COMBO PACK!

To register and for full contest details visit clubmetro.com

club metro.com

© 2012 Warner Bros. Entertainment Inc. All rights reserved.

Free time just got sweeter.



Enjoy a sweet HD PVR and HD digital box rental,
plus a Samsung® GALAXY tablet.



All 3 are FREE when you sign up for Optik™ TV and Internet
on a 3 year term* for only \$40/month† for the first 6 months.

Call 310-MYTV (6988). Go to telus.com/optik.
Or visit an authorized dealer.

 **TELUS**
the future is friendly®

TELUS AUTHORIZED

DEALERS

Northwest

Beacon Hill Centre
Dalhousie Station
Market Mall
North Hill Centre
Northland Village Mall
822 Crowfoot Cres. NW
207 14th St. NW

Northeast

Country Hills Town Centre
CrossIron Mills
Deerfoot Mall
Marlborough Mall
Pacific Place
Sunridge Mall
2520 23rd St. NE
2000 McKnight Blvd. NE
323 - 2555 32nd St. NE
1353 32nd Ave. NE

Southwest

Bankers Hall
Bow Valley Square
Chinook Centre
Southcentre Mall
TD Square
Westbrook Mall
Westhills Towne Centre
6039 Centre St. S
1708 8th St. SW
16061 MacLeod Trail S
6100 MacLeod Trail S
4623 Bow Trail SW
321 6th Ave. SW
2008 33rd Ave. SW

Southeast

Dragon City Mall
Quarry Park
TELUS Convention Centre
33 Heritage Meadows Way SE
3012 17th Ave. SE
1288 42nd Ave. SE
7845 Flint Rd. SE
4410 50th Ave. SE
8500 Macleod Trail SE
5222 130th Ave. SE

Airdrie

2145 Summerfield Blvd.

Strathmore

55 Wheatland Trail
331 3rd Ave.

Okotoks

31 Southridge Dr.
118 Elizabeth St.

Offers available until May 23, 2012, to new TELUS residential clients on a 3 year TELUS TV and Internet service agreement who have not subscribed to TELUS TV or Internet service in the past 90 days. Final eligibility will be determined by a TELUS representative at point of installation. Minimum system requirements apply. HDTV input equipped television is required to watch HD. *Current equipment rental rates will apply at the end of the 3 year term. A cancellation fee applies for early termination of the service agreement and will be \$10 for TV services and \$13 for Internet services, multiplied by the number of months remaining in the term. Equipment must be returned upon cancellation of service. Tablet offer available while quantities last. Manufacturer's suggested retail price of the Samsung GALAXY TAB 10.1 is \$499. TELUS and Samsung reserve the right to substitute an equivalent or better tablet without notice. †Includes the Essentials, required for all Optik TV subscriptions, and Optik High Speed Internet service. Regular bundle rate of \$85/month starts on month 7. TELUS, the TELUS logo, Optik, Optik TV, Optik Internet and the future is friendly are trademarks of TELUS Corporation, used under licence. Samsung and the Samsung logo are trademarks or registered trademarks of Samsung Canada. Android is a trademark of Google Inc. © 2012 TELUS.

3 life

Quoted

"I triple-Spank, which is not good.

Spanx really, really work, but you don't

need to overdo it. It's wonderful because it gives you the illusion of an hourglass with the sand kind of spread out."

THE HELP OSCAR NOMINEE OCTAVIA SPENCER TO TV HOST ELLEN DEGENERES ON CURBING HER CURVES AT THE GOLDEN GLOBES



Transgender kids get puberty-blocking drugs, sex-changing hormones; MDs say numbers are rising

How Emma got that red-carpet body

► The Academy Awards are this Sunday, so you know celebs are busy working out to get ready ► Personal trainer Armando Alarcon, who works with The Help star Emma Stone, tells us how to rock the toned red-carpet look

For all the jokes about plastic surgery and dangerously thin actresses, many celebrities today look toned and tight because of one thing: They exercise regularly. And they work hard at it. See for yourself February 26th, on the red carpet at the Academy Awards. Sure to be there is Emma Stone, whose film *The Help* is nominated for Best Picture. We asked her personal trainer, Armando Alarcon, about her routine — and how you can emulate it.

Maximize your body 100 per cent

The first tip is to never single out one exercise. Full-body training will make you use more muscle and burn calories.

"The body does not move as one single entity," says Alarcon.

"Constantly change your routine with a mix of Pilates, basic weightlifting, yoga and plyometrics combined into one so that the body changes as a whole rather than one particular muscle group."

Identify, target and fix problem areas

When standing tall, a man

"I am not built to lift weights mentally. I do not like lifting heavy metal over my head. I have a lot of rage, I guess, and it comes out when I'm hauling steel overhead."

EMMA STONE, ON WORKING OUT WITH ARMANDO ALARCON

will look stronger and a woman more elegant, but everyone has a problem area that can affect overall posture. Identify these and bring the body back to its original state before building it back up again.

The most common problem occurs when your chest pulls you forward and your back doesn't have the strength to hold the shoulders back, rounding the shoulders and causing a squatted forward lean of the head.

You need to focus on working the back muscles (Pilates is great). Doing so also flattens out the stomach and brings the chest and the shoulders back and down and correctly aligned with the head.

Weights don't need to weigh you down

The celebs use weights — well, light ones.

"Think of it this way: walking is good, jogging is better and sprinting is best," says Alarcon. "Adding five-pound ankle or arm weights to any exercise is hard as heck but causes more of a burn, as it maximizes the effort and shortens the time needed to gain the maximum amount of muscle. You can go from doing 20 reps to 10 to 15, and get the exact same results," he continues.

If it's bad, don't eat it

Alarcon doesn't believe in diets. Allow yourself to eat what you want to eat or you will crash.

His food rules are simple: If you think it's bad, it probably is, so don't eat it. If you think it's too much, then don't eat it all. Whatever your vice is — carbs, fat or salt — change it.

Then eat breakfast. Proteins. Vegetables and water. And a flat stomach will follow, which you can then tone up with ab exercises. Sounds like a lot of work? For the results, check out Emma this Sunday night.



► Actress Emma Stone

one ONE

Personal Fitness Instruction Inc.

TIP Are you working on a 6 pack or a 12 pack...Remember at up to 7 calories per gram....alcohol can pack a PAUNCH!

Personal Training • Nutritional Consulting • Fitness Appraisals

FOR MORE INFO ON THE 2012 LEAN AND MEAN CHALLENGE GO TO WWW.ONEONONEFITNESS.CA

Do your resolutions include finding a new career?

Explore what you want to be and how to get there.

Visit
CareerBear.com
to learn more



Can pomegranate prevent cancer risk?

► Questions remain about whether the antioxidant-rich fruit can help improve prostate problems



CELIA MILNE
LIFE@METRONEWS.CA

Perhaps you're perplexed by the pomegranate. Can this pure, pungent potion prevent prostate problems?

You may have heard claims that consuming pomegranate juice and supplements is helpful in ailments such as prostate cancer. Yet the makers of POM Wonderful 100% Pomegranate Juice and POMx supplements were given a warning in the U.S. for making false health claims.

What is really going on?

We asked Dr. Channing Paller, a senior oncology fellow at Johns Hopkins University in Baltimore, to fill us in. She and her colleagues recently conduct-

ed a study of POMx pills in men with prostate cancer. They found that it's safe to take the pills and does improve one important marker of prostate cancer.

Specifically, pomegranate pills increased prostate specific antigen doubling time (PSADT), which means that the cancer was progressing less rapidly in many of the 104 men in the study.

This followed an earlier study by Dr. Alan Pantuck of UCLA that found drinking eight ounces of pomegranate juice daily increases PSADT.

So why isn't Paller praising the pomegranate?

"Although we are happy that our study demonstrated daily POMx pills resulted in a six-month improvement in PSADT, this is not yet considered

Why pomegranate?

- There is little doubt that pomegranate juice is good for you and safe to drink. It is high in antioxidants, nutrients that are known to fight disease.
- The Mayo Clinic warns: if you are going to drink pomegranate juice regularly to prevent disease, talk to your doctor. It may affect how your body metabolizes prescription medications.
- Pomegranate juice is comparable to grape juice and blueberry juice in antioxidant content.

a clinically significant endpoint," she told Metro.

"Until we can show that people live longer or have longer periods where they are disease-free if they take pomegranate



juice or pomegranate extract ... no recommendations can or should be made for regular use of this compound."

It's a guarded thumbs up. Next, Paller plans to study the benefits of muscadine grape skin on men with prostate cancer.

Thoughts on ... Fun

AMUSEMENT. Have you forgotten how to have fun? Play is serious business for kids, so take some cues from the children in your midst.

They approach their playtime and flights of imagination with a kind of abandon most adults have forgotten is possible.

Not only do we become boring (and bored) when we don't make the time for fun, but we also become unhappy.

If you have trouble letting go of worries and responsibilities, imagine that you've sealed your cares in a box and stashed it in the closet for a few hours and then go out and pursue the activity that makes your heart sing.

Having fun is not an occasion — it's a way to live your life.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

I love my baby daddy but...

► ... not enough to live with him every single day

► Our Mommyish writer explains why she needs her space



► Recognize this face? Is it yours?

"You're funny," my boyfriend/baby daddy said to me after I told him I could see myself living with him six days a week.

But I wasn't being funny at all. I was telling him the truth. I truly don't see how married people do it. In fact, I wish married people would speak up more often about how they live with someone every single day, hopefully for the rest of their lives.

I hate to admit this, but

my ideal is that my boyfriend/baby daddy could live next door to me. Don't get me wrong: I love this man more than any man I've ever been with, and I want to spend the rest of my life with him. It's just that I also want a break, at least one night a week.

Right now he rents a place to be closer to his own children's school. Even after we have our baby, I told him I'd pay for him to keep it.

As it stands, he sleeps there two nights a week, and I really look forward to those two nights a week. I miss him like hell, but it's a good kind of missing, and after those two nights, I can't wait to see him again. Meanwhile, I get to wear sweats and eat pizza, without care. (As a side note, I always dress sexily to bed when I'm with him. Just my tip to you ladies!)

CONTRIBUTED BY:
REBECCA ECKLER, MOMMYISH.COM

MOVE ON WITH YOUR LIFE GET A FRESH START!



Divorce (uncontested) -

\$550 plus Court fees

Immigration -

\$550 plus other fees

Pardon -

\$550 plus other fees

Please call now

(403)879-1052 for free consultation

Live Pain & Drug FREE

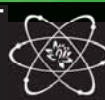
**SUPER PULSED LASER
TECHNOLOGY TO TREAT
ACUTE & CHRONIC PAIN, ARTHRITIS,
CARPAL TUNNEL SYNDROME,
STRAINS & SPRAINS, TENDONITIS...
NOW AVAILABLE IN CANADA**

Dr.Z.Janna Melnichuk DNM, LT, RMT

403.397.6164

www.theraquantolutions.com

Benefits coverage is available



Bodhi Well-Being & Healing Center is an authorized center for Pranic Healing affiliated to Canadian Pranic Healers Association in Canada as well as World Pranic Healing Foundation and Institute for Inner Studies, Philippines.

Pranic healing is an ancient science and art of healing introduced to world by Grand Master Choa Kok Sui. Pranic healing is highly advanced and potent, no touch, no drug healing modality. Prana is a Sanskrit word, means life force, is a key for happy, healthy, and prosperous life.

Pranic healing helps to maintain good health by cleansing and balancing healthy prana. It is based on two laws:

1. Law of self-recovery
2. Law of life energy

Pranic healing can be used for healing as well as preventing physical, mental, emotional, and psychological problems. This helps to heal finances and relationship problems as well. This can be applied anywhere and everywhere in your daily life, for human beings, plants, animals, offices, businesses, home etc. Pranic healing also supports and helps you to grow safely and rapidly in your spiritual journey.

Our Next Level 1 Pranic Healing Seminar is on 10th & 11th of March 2012. For details contact us at 403-918-6225 or www.bodhiwellbeing.com

Angel Hair Tuna

THE CANADIAN PRESS/H/O



juice; stir in tomatoes. Serve with lemon. **THE CANADIAN PRESS/ CLOVER LEAF/ ADAPTED BY EMILY RICHARDS (EMILYRICHARDS-COOKS.CA)**

Ingredients:

- 130 g (4 1/2 oz) angel hair pasta
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) grated lemon rind
- 30 ml (2 tbsp) lemon juice
- 2 cans (85 g each) flaked light tuna (garlic and hot pepper flavour)
- 250 ml (1 cup) halved grape tomatoes
- Lemon wedges

Preparation:

- In pot of boiling salted water, cook pasta about 8 mins. or until tender but firm. Reserve some cooking water; drain pasta. Return pasta to pot.
- In skillet, heat oil and lemon rind over medium heat until sizzling. Mix tuna with 15 ml (1 tbsp) of reserved pasta cooking water. Stir lemon oil into pasta and add tuna, heating mix gently. Add lemon

Southern dishes and live music mingle

► If you're looking for a small town bar feel, check out this spot ► Some aspects of the dishes need work

DAN CLAPSON



► Drunk Mussels and Chorizo (\$16).

LUNCH RUSH

DAN CLAPSON
FOOD@METRONEWS.CA



If you've ever wanted to enjoy the quirkiness of a small town bar without leaving the big city, look no further than Mikey's Juke Joint.

Hiding in the back corner of Sunalta, this establishment is home to live music and a Southern-in-

spired menu.

Seeing as it was a "have a couple beers" lunch outing, I thought the Drunk Mussels and Chorizo (\$16) would pair nicely with the pint I was enjoying. Mikey's uses Spolumbo's chorizo sausage, which is always respectably delicious. The broth that the mussels came in was less than stunning, heavy on the garlic and, although good (enough), the dish was not worth the price. My date ordered the pulled pork sandwich (\$12.50). The pork was

► **Mikey's Juke Joint**
1901 10th Ave. S.W.
403-245-8833
mikeysjukejoint.com
Social lunch: Yes
Co-worker lunch: Yes
Price range: \$6 - \$16
Rating: 3 out of 5

tasty, but, oddly, came with lettuce, tomato and pickle — rather unorthodox for this kind of sandwich.

However, I did find redemption in the people watching — very eclectic to say the least.

NEWS CANADA/ ADAPTED BY
EMILY RICHARDS (VISIT EMILYRICHARDS-COOKS.CA)

Shrove Tuesday twist

► Day before Lent is known for pancakes, which are made with ingredients that are often restricted during the 40-day fast

Preparation:

- Combine flour, sugar, pumpkin pie spice, baking powder, baking soda, salt in bowl.
- In separate bowl combine milk, egg, pumpkin, oil, lemon juice and

vanilla. Beat with whisk until smooth. Add to dry ingredients, stirring just until blended. Do not over beat.

- Heat skillet on medium high heat, adding small amount of oil. Portion approximately 1/4 cup of batter on griddle, repeating to fill griddle. Cook pancake until bottom is brown and top has bubbles, about 2 minutes. Flip pancakes and continue cooking until bottom is browned. Repeat until all batter is cooked.

- Syrup: Combine cider and corn syrup in saucepan over high. Bring to boil, reduce heat; cook 15 mins. until syrupy consistency.

- Add butter, cinnamon, nutmeg and vanilla. Serve over pancakes.

Ingredients:

- 1 cup all-purpose flour
- 2 tbsp brown sugar
- 1 tsp pumpkin pie spice
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 cup milk
- 1 egg
- 1/3 cup canned pumpkin
- 2 tablespoons Mazola Veg Plus! canola and vegetable oil blend
- 1 tbsp lemon juice
- 1 tsp pure vanilla extract
- Mazola Veg Plus! canola and vegetable oil blend for skillet/griddle

Apple Cider Syrup

- 1 cup apple cider or juice
- 1 cup BeeHive corn syrup
- 2 tbsp butter
- 1/4 tsp ground cinnamon
- Dash ground nutmeg
- 1/2 tsp pure vanilla extract

Sugar Bush Maple
Now available for a limited time

Mix, Match, Sip & Savour

Your choice of 24 K-Cup® Portion Packs

\$16.99*
Just 71¢ a cup*

Get the most out of your brewer by choosing your personal selection of K-Cup® packs from the wide variety of flavours and blends available only at your neighbourhood Timothy's café.

Timothy's
WORLD COFFEE

*All participating cafes only. While quantities last. K-Cup® selection varies by cafe.
*When you purchase 24 K-Cup® Packs.

FIRST AND FOREMOST BE SOLD ON YOURSELF

Dear sisters,
I have been trying to meet new people through various dating sites for a while now. I've made a few good connections too; always talking, having a good time, wanting to hang out more (and the girl usually suggests it). But it seems to fizzle fast. She either is too busy or some other reason, but then they appear on my list of 'online' people when I go back to these sites... Am I not being forward enough, or too forward by expressing interest? What else can I do? Thanks! Wondering what I do.

Andrea: Dear Wondering,
Start by patting yourself on the back for at least going on sites and meeting new people; that's half the battle. Next, go home, kick yourself really hard in the shin, open an umbrella indoors and whistle the theme to Knight Rider. This is the magic spell to make any woman fall madly in love with you.

Not.
My point is that you can put yourself out there and get some positive feedback, but there's no trick to make it pan out longer than that ... other than good old connection. If you haven't found it, you

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONews.CA

haven't found it. What women find madly attractive are confidence and congruence. I shouldn't have to explain confidence to you, because if I do, you don't have it. Congruence, though, is when your thoughts aren't aligned with your goal. For instance, you've dressed the part and even say the right things, but your body language and tone say that you're desperate, which means you're not 100 per cent sold on yourself or what you want, and she won't be either. Improve yourself in whatever way you think is necessary, then stop wondering and enjoy who you are.

Claire: Dear Wondering,
If you're getting dates, you must not be one of those weirdos I met during my brief tenure on one

site, who called themselves hotnight69 or romeoforu462. Congrats!

I've been that girl — the one who loses interest. It means you're either doing or saying something to put me off, like the guy who talked dirty within seven minutes of meeting, or the one who smoked in my face while telling me what bad drivers women are. Or else it means that the chemistry just isn't there ... yet. We've all been there, and we'll all be there again, so you're not alone. Don't lose confidence, just step away from it all once in a while, until you feel good again. And never tell a woman you're dating what you've just told us; never feel sorry for yourself or wonder aloud why things haven't worked.

Try doing the opposite of what you've been doing on your next date — ask questions about her, listen more than you speak, laugh when she expects it ... in other words, get to know her before you reveal yourself too much, but be warm throughout. Chicks dig that.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

SNEEZING AT THE DINNER TABLE

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONews.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Dear Butler,
When at dinner and one feels a sneeze coming on, how do you handle the situation? Sneeze into the napkin? Turn your head and sneeze into the napkin? Then there is the nose blow. Turn your head and blow into the napkin or leave the table to take care of it? Does one even use their napkin? Very confused here.
Arthur

Dear Arthur,

Lets first deal with the easy part of your question. The dinner napkin is never, under any circumstances, used as a handkerchief, so blowing your nose into your napkin will never be



► The dinner napkin should not be used for blowing your nose.

an acceptable option.

Should you ever need to blow your nose while at the table, you should always excuse yourself from the table and ideally blow your nose in a Kleenex or handkerchief, far enough away so that the others at the table do not hear you.

Now, as for sneezing at the table. Remember that sneezing can spread germs. If you must sneeze at the table, grab your napkin, cover both your mouth and

nose, put your head down as close to your chest as possible and try to push your chair back from the table before sneezing.

It is even better if you are seated in a position that allows you to turn your head away from everyone.

In any case, try to never sneeze in someone's direction, or in the direction of the food.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONews.CA.



Celebrate. Eat. Mingle. Connect.
Join us for a unique opportunity to meet notable current & emerging community leaders.

Who will be there? Check out BeCause.ca for more details and to buy tickets.

THURSDAY MARCH 1, 2012
DOUBLE ZERO PIZZA
751 - 4 STREET SW
5:30 PM - 9:30 PM
DINNER + ONE DRINK INCLUDED
TICKETS: \$25 IN ADVANCE OR \$30 AT THE DOOR

SPONSORED BY



United Way
Calgary and Area

Health Care Aide Program



This 15 week Approved Program is designed to offer Health Care Aide theory, skills and practical experience.

This program follows the Government of Alberta 2010 Health Care Aide Curriculum.

Graduates of Columbia's Health Care Aide program are certified and can work in acute care hospitals, long-term care settings, assisted living, community and home care. Potential to earn up to \$21/hr to start.

Call today: 403-648-2265!



802 Manning Rd N.E. Calgary, AB
www.columbia.ab.ca/m

What's all the RRSP fuss about?

More money grows larger and faster than less money — so start saving And who doesn't want to pay less taxes?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONWS.CA



RRSP season is the only time of year I ever recommend stampeding to the bank

as quickly as possible to set up an RRSP account or make a contribution. Each year you have until March 1 to contribute to your RRSP and have it count for the previous tax year.

Wondering what the big deal is with RRSPs? Simply put; the RRSP is the single most powerful tool Canadians have to save money for

retirement.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal; typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

The law of reinvested returns states that more money grows larger and faster than less money; when invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

When you're starting

"I know there are competing priorities for your money, but paying yourself first, using an RRSP, will save you thousands of dollars."

out, perhaps a new career, buying a home, or raising a family, tax deferral is very valuable. It allows you to maximize your savings opportunities even though your budget might be tight.

Nearly anyone can have an RRSP. Individuals can contribute up to 18 per cent of their income, up to \$22,450 for tax year 2011, and the limit can sometimes vary depending on your pension program at



Want to retire on a tropical island? Start tucking away some money from every paycheck.

work. If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

Start contributing regularly on pay day and in-

crease your contributions annually until you reach your maximum limits. Check whether your employer has an RRSP or pension plan you can

participate in.

I know there are competing priorities for your money, but paying yourself first, using an RRSP, will save you thousands of dollars.

GET ORGANIZED!

Lack of time may be a First World problem, but it's a problem nonetheless Laura Vanderkam, author of 168 Hours: You Have More Time Than You Think, tells you how to stick to what matters most

1

Figure out what your priorities are

Rushed and torn between professional and personal commitments, we generally have no idea how we spend our time.

"You don't consciously notice it but you're probably checking Facebook up to five times an hour," warns Vanderkam.

"The best way to see if you're spending your time the way you wish is to keep a log of everything you do for a week."

From there, look at how the proportions stack up and what that says about your priorities.

2

Live life week in, week out

Life is often lived one week at a time with next week being a blank slate that will eventually be filled with 'something.' What this something is depends on key decisions you make at different points in your life.

"Imagine next week is a blank space made up of 168 hours. With your priorities in mind, how would you choose to fill it? Figure out what time could be re-deployed from stuff that's not fitting with your priorities over to something that is," suggests Vanderkam.

3

Take control over time

According to Vanderkam, the key to maximizing



time is to control it. "Time and how we spend it is a decision. You don't have to do anything but eat and sleep in order to keep the body functioning." If your excuse for not reading your kids a bedtime story is that you have no time then you're in denial: "it's not that you don't have the time to read to your kids, it's just not your priority," she explains.

4

Never say, 'I don't have time'

Lack of time for 'XYZ' is the all-purpose modern excuse. Speaking to time experts, Vanderkam noticed they never say 'I don't have time' but 'it's not a priority.'

"In order to not have to own up to the fact we're choosing not to do certain things we blame this nebulous other thing, 'time'. You're not getting certain things done because they're not high enough on your priority list, not because you lack the time," she says.

5

Write up the perfect to-do list

"Look at things on a weekly basis and say, 'what are my priorities both professional and personal' then block these in. You only have one life, people think the two are separate but they're not. You don't need to solve everything at once. One week your priority could be a project at work and the week after it could be your sister's wedding. As long as those major priorities get done during the week, you are going to be moving forward at a rocket pace compared to everyone else," explains Vanderkam.



TIP: The moment we acknowledge what things are not high up on our priority list will be the moment we become in charge of how we spend our time. **METRO**

No more Excuses

► Removing roadblocks for RRSPs



With the RRSP deadline looming on Feb. 29, some Canadians may be scrambling to find funds to contribute.

The ideal scenario is to set money aside for RRSPs on a regular basis. "The best plan is to contribute a fixed amount monthly," says Paul Lermite, a Vancouver-based certified financial planner with Assante Wealth Management.

The monthly amount gets automatically deducted from your bank account. Then, if at some point during the year you get a work bonus or inherit money, you can top up your contributions.

Not having a ready stash of cash to invest is just one roadblock stopping people from contributing to an RRSP.

Here is how to overcome that obstacle and others.

Can't scrounge up a dime.

If you have raided your piggy bank but still can't come up with money to invest, consider taking out an RRSP loan. "Borrow an affordable amount for one year, maximum," says Lermite. "Then pay back some of the loan with the tax refund the RRSP generates."

Spent too much at Christmas.

If you blew your budget buying gifts for everyone on your list, you could end up mired in credit card debt leading up to the RRSP deadline. "That doesn't mean you shouldn't buy Christmas gifts," says Lermite. "But it is a sign that you should start reining in your holiday spending."

Missed the deadline.

Hoping there is a grace period post-deadline? Unfortunately, there isn't. But arriving late to the party can be an opportunity in disguise. "If you miss the dead-



line, that's OK," says Lermite. "What you need to do now is get a certified financial planner to help you start planning right away for next year."

When the time comes, try not to wait until the day before the deadline to hand

over your cash; the sooner before the final moment you can do so, the better prepared you will be.

Waited too long to start.

If you are 10 years or more away from retirement and you finally have a good

chunk of change to invest in your first RRSP, it might be worth your while, but talk to your financial adviser to make sure. The closer to retirement you are, the less time you will have to take advantage of compound interest. Also, you

must start withdrawing some of your RRSPs at 71.

"If you're less than a decade away from retirement, you'd probably be better off making non-registered investments like a tax-free savings account," says Lermite.

Divide and prosper

► Spousal RRSPs can help balance the income load



A spousal RRSP is a regular RRSP with one important difference, says Mike Henry, senior vice-president of retail products, Scotiabank: The person making the contribution is doing so in their spouse's name.

"This lets couples divide up their retirement income as a way of minimizing their overall tax liability in retirement. It's really useful in that you can help balance the income load and try and keep each spouse in a lower overall income tax bracket in retirement."

A spousal RRSP is an income splitting strategy with the objective of reducing the cumulative family tax bill, according to Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning.

Through their working life, the person with the higher income can shift income to the person in the lower tax bracket, says



Williams. When you both retire, rather than have a disproportionate pool of RRSP income, you have equal amounts, says Williams. If you need \$50,000 of household income, you would pull \$25,000 from each plan. "From a tax perspective, that's much better than taking the entire amount from the one."

Here's what you need to know about spousal RRSPs:

- A person can contribute his or her entire RRSP allowance into a personal RRSP, put it all in a spousal RRSP, or split up the contribution.
- Once money is in a spousal RRSP, it becomes that person's money — even though the other person makes contribution.
- The contributor gets the tax deduction.
- Any withdrawal is taxed.

TF\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

\$

\$\$\$\$\$\$\$\$\$A

TAX-FREE SAVINGS ACCOUNT

3.00%*

Get the rate that gets you more.

Open a Tax-Free Savings Account and earn interest income that's all yours. Visit a branch today to build a flexible investment portfolio that suits your needs.

Five Calgary branches to serve you.

CANADIAN WESTERN BANK

The Working Bank[®]

Member of CDIC

cwbank.com

* Rate subject to change without notice. WestEasner[®] TFSA Account only. Interest calculated daily, paid monthly. Available in-branch only.

Step by Step

► The earlier you start saving, the more compound interest adds up



YLVA VAN BUUREN
FOR METRO

The sooner you start saving for retirement, the more money you will have because the more time it will have to grow!

A Scotiabank calculation, for example, shows that if you start contributing \$100 per month to your RRSP at age 20, with an average return of six per cent you will have \$263,589 when you retire at age 65 and your total contributions would be \$54,000.

If you start 10 years later, you will have \$138,068 by age 65 and your total contributions would be \$42,000.

If you start at age 40, you would need to make

monthly contributions of \$388 to have \$263,751 at age 65 (with an average rate of return of six per cent) and your total contributions would be \$116,400. Starting 10 years later at age 50 would give you \$111,895 when you retire and you will have contributed \$69,840.

Here is an online tool that can help determine how much you need to set aside to reach a goal such as retirement savings: scotiabank.com/payyourself-first/ScotiaPAC.html.

Rates of Return: Rates of return are a concern but have to be put into context of historical norms, explains Anthony Williams, vice-president of academic affairs, Canadian Institute of



Financial Planning.

"Over a period of time, things will get back to a reasonable level. We've had periods of time where interest rates were extremely high — for example, they were 20 per cent in the '80s. Now, we're at the other end of the spectrum, at one or two per cent. But it all averages out at the end of the day."

The other way of think-

ing about this, says Peter Drake, vice-president, Retirement and Economic Research, Fidelity Investments Canada, is it's still a reality that we need to save for retirement. "We obsess over investment returns but in a time when returns are lower and more volatile than in the past, we also need to think about the fact that we may need to compensate for

that by saving more now."

Growth Factors: Here is how invested money can grow. In this scenario, John invests \$5,000 per year for 10 years at a five per cent annual return. He then holds the savings in a portfolio earning five per cent per year for an additional 10 years. Susan doesn't save for the first 10 years, but then contributes

\$7,000 per year for 10 years at a five per cent annual return per year. At the end of the 20 years, Susan has contributed \$20,000 more than John has, yet her total savings are \$15,115 less.

SOURCE: FIDELITY INVESTMENTS CANADA ULC. ASSUMES LUMP SUM CONTRIBUTIONS ARE MADE AT THE BEGINNING OF THE YEAR. TAX CONSIDERATIONS ARE NOT INCLUDED.

Which way to steer your savings vehicle?

SMART INVESTING



TALBOT BOGGS

Do I put money into my RRSP (registered retirement savings plan) or my TFSA (tax-free savings account)?

As the deadline for RRSP contributions rapidly approaches, many Canadians may be asking themselves that question as they decide where to invest money for their future or their retirement.

The answer to the question will depend on a number of factors, but Canadians should be look-

ing at both options when making their decision, says Carol Bezaire, vice-president of tax and estate planning with McKenzie Financial.

"While the two savings plans have different features and benefits, they are designed to complement each other," says Bezaire. "As a government of Canada brochure states, while an RRSP is primarily intended for retirement, the TFSA is like an RRSP for everything else in your life."

In general, deciding where to make your contributions depends on your tax rate when you contribute funds and your tax rate when you withdraw them.

If your tax rate is lower when you contribute you are better to use a TFSA; if your tax rate is higher you are better to contribute to your RRSP because you will receive a tax refund.



Conversely, if you expect to be in a lower tax bracket when funds are withdrawn, an RRSP is probably a better vehicle for investments. If you expect to be in a higher tax bracket when money is withdrawn, a TFSA may be the better choice because withdrawals are tax free.

"For investors looking

to stretch their RRSP contributions further, consider rolling your RRSP tax refund into a TFSA," Bezaire suggests. "This can add considerable assets to your retirement fund."

Another strategy is to take money out of a TFSA with no penalty, put it into an RRSP for the tax deduction, and then take the tax

refund and put it back into the TFSA, although the re-contribution only can be made in the year following the withdrawal.

There are some strong correlations between demographics and which savings vehicle Canadians use.

TFSA's tend to be more popular among younger Canadians while RRSP's are more popular among older Canadians who are closer to, or in, retirement.

"The older generation, like boomers, tend to have a long-term view of their investments," says Bezaire. "They have been working for a number of years, tend to have higher salaries and therefore can reduce their taxes through the deductions they get from RRSP contributions."

Generation Xers (those born between 1964 and 1980), however, seem to want more flexibility in their work and

investments, Bezaire notes and seem to prefer TFSA's, which have no tax implications for withdrawing money, unlike an RRSP.

Many Canadians in their 20s have borrowed for their education and generally are better off investing in a TFSA because they either can withdraw money to pay off debt or for other things without being taxed, and can put the money back in later.

Regardless of which vehicle they decide to use, statistics show that Canadians are not using either their RRSPs or TFSA's to full advantage, with contributions to either or both well below the allowable limits.

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Women ... knowledge is financial power



JANE
DOUCET
FOR METRO

In her book *It's Your Money: Becoming a Woman of Independent Means*, Gail Vaz-Oxlade cites a USA Today study that reveals 70 per cent of women are afraid they won't have enough money when they are old.

But that's the United States, you might say. The prospects are better for Canadian women. Right? Maybe not.

Statistics Canada has reported that 40 per cent of women older than the age of 75 who were living on their own had incomes below the poverty line. Part of the reason is that many still believe dealing with finances is a man's job.

"We can paint this picture with fresher, more vibrant colours," writes Vaz-Oxlade.

"But to do it, (women) have to understand how money works. And we have to be willing to take

Emergency funds

▶ The best-laid financial strategies will fall apart if you don't have contingency plans in place for such earth-shattering events as the death of a

charge of our own financial lives."

Financial experts caution women not to rely solely on their partner to manage their money.

"Knowledge is power,"

partner, a divorce, or a partner's sudden unemployment. Knowing you have enough cash in an emergency fund to help you through a few lean months will give you peace of mind.

says Teresa Black Hughes, a certified financial planner with Rogers Group Financial in Vancouver. "Women should be a contributor (to the financial conversation), too."

Women tend to have more relationships than men and more people to take care of. "This can distract them from the focus of looking at the numbers of their lives," she says.

At the very least, every woman should have a chequing account in her name only, maintain a healthy credit rating and have a "pay-yourself-first" investment plan.

If your life circumstances change, it will be necessary to review insur-

ance policies, consider tax implications to your new status, and revise your retirement and estate plans.

And while no one wants to think they might one day be alone and disabled due to illness or an accident, it's something to consider.

"Life events, world market events, and personal matters arise," says Black Hughes. "Women have to be prepared to change their expectations along the path to retirement."

Richness is:

The moment
everything
changes.

Scotiabank's 5 Year Plan.

You define richness. With a 5 Year Plan that lets you adapt to anything, we can help with the money part.



scotiabank.com/5yearplan

You're richer
than you think.®





NEWS CANADA PHOTO

Last-minute tips

Consider these three last-minute tips:

1 **Contribute now.**

Temporarily park your RRSP contribution in a money market fund. Meet with your investment adviser to re-balance your portfolio in the spring.

2 **Go global.** Canada accounts for about

five per cent of the world market. Boosting foreign content in your RRSP will diversify your portfolio and limit risk.

3 **Dollar-cost averaging.** Set up automatic contributions to your RRSP every month to help smooth market volatility.

NEWS CANADA

Ensure you have enough savings

WAVEBREAK MEDIA/THINKSTOCK

While most Canadians hope to be retired at 65, with plenty of time to enjoy the finer things in life, today's savings habits suggest this won't be a reality for many of us.

Statistics Canada shows that only one-third of Canadians are saving regularly in a registered retirement savings plan, and 74 per cent of people who filed taxes didn't even make an RRSP contribution.

Statistics also show most Canadians are only using five per cent of the available contribution room in their RRSP, meaning many Canadians are missing out on opportunities for increased savings.

Here are three ways to ensure you have enough savings in your RRSP:

Pause before making costly purchases: The allure of a new car or a fancy vacation is enough to make people part with



their hard-earned money without thinking twice. Making small sacrifices, like buying a used or floor model car, or taking a trip closer to home, can result in sizable savings. Instead,

take that "extra" money you would have spent and channel it into your RRSP.

Don't leave money on the table at work: Many companies offer retirement

contribution matches for employees who contribute to a retirement savings plan. In many cases, your contributions can be matched up to 100 per cent. That's doubling your money, for nothing. The puzzling thing is that many people don't participate in these plans. If you are not already taking advantage of this free money, march into your human resource department today and find out what benefits you are missing out on.

Set up an automatic savings program to make regular savings a breeze:

Setting up an automatic savings plan (ASP) ensures that saving for retirement is a priority. Putting that money into a high-interest savings account mean you can comfortably save for your future, and the automatic regular withdrawals ensure you don't feel the pinch of setting money aside. NEWS CANADA

“We’re not left or right brainers. Customers get our whole brain.”

Dave Mowat, CEO

When the analytical and the creative sides of the brain work together, better solutions are born. We call that “whole brain” thinking—and we do a lot of that here. Because people who think like whole-brainers are way more likely to come up with creative solutions. Seriously, it's who we look for at ATB, because it's exactly what Alberta needs. **If you're one—or you want your banking handled by one—drop me a line.**

davemowat@atb.com

ATB Financial™

SAVING | BORROWING | INVESTING | KNOW-HOW

™ Trademarks of Alberta Treasury Branches.

Various ways to pad your retirement



YILVA
VAN BUUREN
FOR METRO

Have you contributed to your RRSP yet? The deadline for contributing and using it on your 2011 income tax return is Feb. 29. Here are ways you can do it:

All at once: At this point in time, your only choice is to make a lump sum contribution. Whether it's because you have an uneven income flow, you forgot, or you don't have a retire-

ment plan in place, "we do know that in February, people stress about making a contribution," says Peter Drake, vice-president, retirement and economic research, Fidelity Investments Canada. "If you're in that situation, it's better to do something than do nothing."

Next year, try to contribute the lump sum earlier in the year rather than later, advises Mike Henry, senior vice-president of retail products at Scotiabank.

"Once money is inside an RRSP, it's growing tax free."

Loan: You might also consider borrowing money. "This is still a great way for someone to get money into retirement savings," says Henry. Most banks have special RRSP loans. For example, "We can set up a catch-up RRSP line at Scotiabank to help you catch up on any unused RRSP contributions," says Henry. But paying off the loan as quickly as possible is rec-

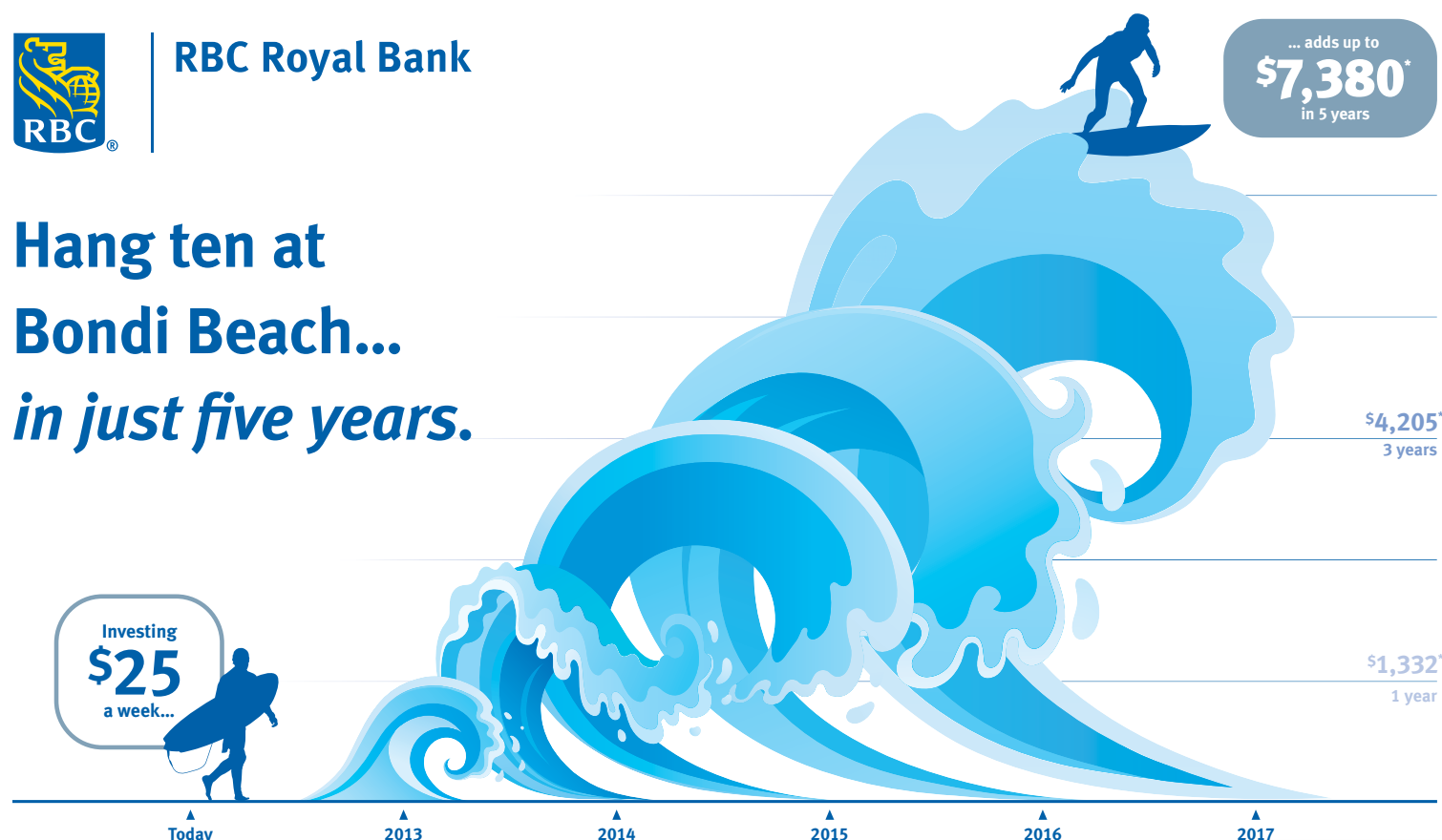
ommended. "We let customers defer payments for three months while they wait for their tax return to come in. Then they can use the refund against the loan."

Throughout the year: Regular contributions (weekly, monthly, etc.) are the most convenient and effective way to contribute, says Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning.



RBC Royal Bank

Hang ten at
Bondi Beach...
in just five years.



No matter what you're investing for, \$25 a week can get you there. Start today.

Want to take an epic surfing trip to Australia? Whatever your goal, investing a little each week with RBC Royal Bank® — through regular, automatic contributions — could make it happen. Not sure how to start? An RBC® advisor is ready to help you choose from TFSAs to RRSPs, and more.

Ready to start? Talk to us.

Visit a branch, call 1-866-808-3178
or go to rbc.com/bondi

Advice you can bank on™



Spousal RRSPs — divide and prosper



A spousal RRSP is a regular RRSP with one important difference, says Mike Henry, senior vice-president of retail products, Scotiabank: The person making the contribution is doing so in their spouse's name.

"This lets couples divide up their retirement income as a way of minimizing their overall tax liability in retirement. It's really useful in that you can help bal-

ance up the income load and try and keep each spouse in a lower overall income tax bracket in retirement."

A spousal RRSP is an income splitting strategy with the objective of reducing the cumulative family tax bill, according to Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning.

Through their working life, the person with the higher income can shift in-

Security

While the tax savings is one reason to choose, the other, says Peter Drake, vice-president, retirement and economic research, Fidelity Investments Canada, could be described as

come to the person in the lower tax bracket, says Williams. When you both retire, rather than have a disproportionate pool of RRSP income, you have

emotional. "If the higher earning spouse contributes, then the recipient is going to have some income in retirement, along with old age security, CPP, etc.," And that provides a nice feeling of security.

equal amounts, says Williams. If you need \$50,000 of household income, you would pull \$25,000 from each plan.

"From a tax perspective,

that's much better than taking the entire amount from the one."

Here's what you need to know about spousal RRSPs:

► A person can contribute his or her entire RRSP allowance into a personal RRSP, put it all in a spousal RRSP, or split up the contribution.

► Once money is in a spousal RRSP, it becomes that person's money — even though the other person makes contribution.

► The contributor gets the

tax deduction.

► Any withdrawal is taxed. The contributor will get taxed if the money is pulled out during the attribution period, which is three calendar years from the contribution. Otherwise, the owner will get taxed when the money comes out.

At the same time, spousal RRSPs are just one way of doing spousal splitting and, really, you should look at how they fit into your whole retirement savings plan, says Williams.

**Hurry, RSP
deadline is
February 29th.**

Risk-free investing. Yes, it does exist.

Enjoy higher potential returns.

Consider the market-linked BMO® Blue Chip GIC. Like all GICs, it offers 100% protection of your investment, but provides the potential to earn returns based on the performance of 10 Canadian blue chip stocks.

For more ways to make sense of saving and investing follow BMO SmartSteps® for Investing.

Call 1-800-665-7700 or visit bmo.com/smartinvesting

Up to
3.8%
on a 1-year term

BMO  **Bank of Montreal**
Making money make sense®

*Rates are subject to change without notice. BMO Blue Chip GICs are issued by Bank of Montreal Mortgage Corporation and guaranteed by Bank of Montreal. The principal amount of the GIC is guaranteed and is repayable upon maturity and, in addition, the GIC provides a minimum guaranteed rate of return of 0.15% and a variable rate of return based on the performance of the underlying assets, but there is no guarantee you will receive any variable return. The rate of return will not be less than the guaranteed rate of return or more than a pre-set maximum rate of return. Additional terms and conditions apply. The Terms and Conditions for BMO Blue Chip GICs are available at your local BMO Bank of Montreal branch. ®Registered trade-marks of Bank of Montreal.

Shrugging off controversy

► 'I don't care if anybody is singling me out,' Toronto slugger Bautista says of PED questions

Albert Pujols pulled in for his first day of spring training with the Anaheim Angels on Monday amid dozens of television cameras and required a separate press conference back at the team hotel to handle the media interest.

Jose Bautista, meanwhile, has been going about his business in Florida the past few days in advance of the Blue Jays' camp in relative anonymity. But there is some common ground for the two superstars — both say they have been tested for performance enhancing drugs well in excess of normal league protocol.

Bautista addressed the issue Monday in Dunedin, the first time he spoke to Toronto media on the matter after a tweet in mid-January fanned into a brief controversy.

Bautista maintained he was tested 16 times over the course of his back-to-back American League home run champion seasons (2010 and 2011). Major League Baseball said those figures did not match up with their numbers, and for a week after the story broke, there were questions about who was correct.

"I don't care," Bautista said about the entire affair.

"At first it got blown way out of proportion. I was at a dinner and a player asked me a question and I gave him my answer. I didn't know there were (press) working there and



► Jose Bautista prepares for batting practice on Monday under the watchful eye of Blue Jays manager John Farrell in Dunedin, Fla.

that didn't matter. Then it became a story, from the first time it got tweeted or whatever, it went from there."

Major leaguers can expect at least two unannounced tests during the regular season and possibly two more during spring training.

Pujols, like Bautista,

"I wouldn't have signed that contract if I didn't feel (the organization was building a winner) ... I feel we have the group in place and that we're ready to go for it."

JOSE BAUTISTA ON THE BLUE JAYS' CHANCES IN 2012

said he was tested well beyond those numbers. Neither has ever tested positive for any banned substance.

During the off-season, Bautista said that he took two months off, largely to rest his body after a series of injuries in the second

half of the season.

"To me, the most important thing is remaining healthy and staying on the field to help this team in any way I can," said Bautista.

"If we win and get into the playoffs, then that dictates what is my success (in Toronto)."

TORSTAR NEWS SERVICE

B.C. on a roll despite flu concerns

JONATHAN HAYWARD/THE CANADIAN PRESS



► B.C.'s Kelly Scott

Kelly Scott's team keeps winning games at the wire at the Canadian women's curling championship. However, the B.C. skip is concerned about an off-ice development.

Teammate Sasha Carter didn't play in B.C.'s 7-5 win over defending champion Amber Holland in Red Deer on Monday because of the flu. Scott's husband, Chad, and young son, Nash, had the same symptoms.

"My roomie Sasha was

10th

B.C.'s first four wins were all decided in the 10th and final end.

up all night sick," Scott said. "Up until now we thought it was food poisoning, but obviously a few more people are having the same symptoms."

"We probably should take all precautions. I

might move in with our fifth. We have to preserve the four people that can go on the ice."

Scott was 4-0 at the Scot-ties Tournament of Hearts and handed Holland her first loss of the tournament.

The Kelowna, B.C., rink topped the standings ahead of Holland and Manitoba's Jennifer Jones, who were at 3-1 with a draw remaining Monday.

The pack of teams at 2-2 included Saskatchewan's

Michelle Englot, Alberta's Heather Nedohin, Ontario's Tracy Horgan and New Brunswick's Heather Atkinson.

Kerry Galusha of Yukon and Northwest Territories, Quebec's Marie-France Larouche and Kim Dolan and Prince Edward Island were 2-3. Nova Scotia's Heather Smith-Dacey was 1-3 with Heather Strong of Newfoundland and Labrador at 1-4.

THE CANADIAN PRESS

4

sports

Flames preview

Edmonton at Calgary
7 p.m.
TV: SNET



The Flames (28-22-9) host the Oilers (22-30-6) for the third time this season. Calgary won the first two home games 2-1 on Oct. 18 and 3-0 on Dec. 10. Edmonton is 0-4 overall against the Flames this season and is winless in its last three games. Magnus Paajarvi has four points in five games after registering only four points in the previous 33. Mike Cammalleri has three goals in four games after scoring two in his first 10 with the Flames. Miikka Kiprusoff has allowed six goals over his past four starts combined.

THE CANADIAN PRESS



Scan code for more sports.

Sports
in pictures

PHOTOS
1. KATHY KMONICEK/THE ASSOCIATED PRESS
2. GETTY IMAGES
3. BRIAN KERSEY/THE ASSOCIATED PRESS



1

Erik Karlsson and Jason Spezza each scored twice, Craig Anderson made 28 saves and the Ottawa Senators beat the New York Islanders 6-0 on Monday for their third straight win.

2

Manny Ramirez and the Oakland Athletics have reached an agreement on a minor league contract. The A's announced the deal Monday. Ramirez is expected to report to spring training by the end of the week.

3

Derrick Rose scored 23 points in his return from back pain, and the Chicago Bulls beat the struggling Atlanta Hawks 90-79 on Monday. Rose looked sharp after missing the previous five games.

THE ASSOCIATED PRESS



► Miikka Kiprusoff makes a glove save on Saturday against the Kings.

Kipper keeping Flames in race

► Goalie has 10-3-3 record and a 1.65 goals-against average in his past 16 games ► Seventh-place in sight

The Calgary Flames are back in the Western Conference playoff picture and have goaltender Miikka Kiprusoff to thank.

Kiprusoff stopped all 28 shots on he faced Saturday to record his fourth shutout of the season as the Flames (28-22-9) blanked the L.A. Kings 1-0 to move into eighth spot in the West.

"He's been our glue," Flames coach Brent Sutter said of his No. 1 goalie Monday. "He gives us a tremendous chance every night. I don't think he gets enough credit personally outside around Calgary like he should. He's definitely one of the best goalies in the game. He comes every night and he brings it every night for us."

Backstopped by Kiprusoff, the Flames have gone 5-0-3 in February and are now just two points behind the Phoenix Coyotes for seventh spot in the conference.

"If you're winning, it's way more fun," said Kiprusoff, who has compiled a 10-3-3 record and a 1.65 goals-against average in his past 16 games. "That's

"So far this year, in my opinion, he's been our best player."

DEFENCEMAN MARK GIORDANO

what we have to do anyways. It's hard. There's so many teams right there and we have to be that one team that's going to make it so we have to really push hard here.

"It was a huge game in L.A., but it's passed now."

The Flames play four straight home games at the Scotiabank Saddledome, starting with Tuesday night's contest against the Edmonton Oilers.

"(Tuesday) is the biggest day for this hockey team again," said Kiprusoff, who has been in net for all four victories over the Oilers this season and has won each of his last nine starts against Edmonton.

Flames defenceman Mark Giordano has been continually amazed by Kiprusoff's level of competitiveness and by the spectacular saves the Finnish netminder makes on a regular basis.

"He's obviously our MVP

all year," Giordano said. "As a team it's been pretty reassuring watching him night in and night out make huge saves — not just the regular saves, but also saves you wouldn't think sometimes are possible."

Even the players shake their head in amazement at some of the stops Kiprusoff makes in pressure-packed situations.

"Sometimes you sit back and say, 'Wow,'" Giordano said. "He's so incredibly flexible and athletic so he can get to spots other goalies can't."

Captain Jarome Iginla went so far as to say that Kiprusoff has been playing as good or better than he did back during the 2005-06 season when he won the Vezina Trophy.

"He doesn't talk about it," Iginla said. "He just goes about his way and prepares the same way. We know as players how fortunate we are to have him in there and he's a big part of this team. We don't see everybody every day, but I can't imagine anyone's playing much better than he is."

THE CANADIAN PRESS

GET OUT OF WORK AND ON THE MOUNTAIN.
EXCUSE #14

They've asked me in for the day to give the Flames some scoring tips.

Two-for-One.
Any day at Norquay.
BanffNorquay.com/2for1

NORQUAY
BANFF, ALBERTA

Travel Alberta
Alberta
Banff Lake Louise
Banff Lake Louise
Banff Lake Louise



► Yankees Phil Hughes, Boone Logan and CC Sabathia stretch during practice.



► Albert Pujols answers a question during a news conference on Monday.



► Tampa Bay Rays catcher Jose Molina attends a workout on Monday.

Spring is in the air

► With most teams opening their training camps this week, there was plenty going on in baseball



► Detroit Tigers first baseman Prince Fielder talks to the media as he arrives early to spring training on Monday.

Quick hits

Here's what was going on in major league training camps:

- **Prince Fielder** entered the Tigers' increasingly crowded clubhouse Monday, the day of Detroit's first workout for pitchers and catchers. Fielder and Miguel Cabrera both came to camp early, along with a handful of other position players.
- **Mariano Rivera** hinted 2012 could be his final year in the major leagues, saying he won't announce his long-term plans until after the season. The New York Yankees' 42-year-old closer says he has reached a decision about whether he will retire or return in 2013 but said he won't reveal it until "maybe October."
- **Albert Pujols** says he won't look back as he moves to a new baseball home. On Monday, he reported to his first training camp with the Los Angeles Angels, arriving a week earlier than he planned so he could begin bonding with his new teammates.
- **Bryce Harper** arrived at spring training with the same goal he had last season: to make the Washington Nationals' opening-day roster. Nationals manager Davey Johnson said the 19-year-old is "still in the mix to have an opportunity."
- **A.J. Burnett** was happy to escape from New York. "It was fun the first couple of years. Then it got like, 'I'm never going to get out of this funk,'" he said Monday, a day after the Yankees dealt him to the Pittsburgh Pirates for a pair of low-level prospects.

THE ASSOCIATED PRESS



THE ENCLAVE
AT CASTLE KEEP

CONTEMPORARY.
STYLISH. AFFORDABLE.
NEW WESTSIDE TOWNHOMES

1170 - 1450 square foot two & three bedroom townhomes
with two car attached garages in Aspen Hills. VIP
registrations at homesbyavi.com/theEnclave

FROM
THE LOW **\$300s**

homesbyavi.com/theEnclave

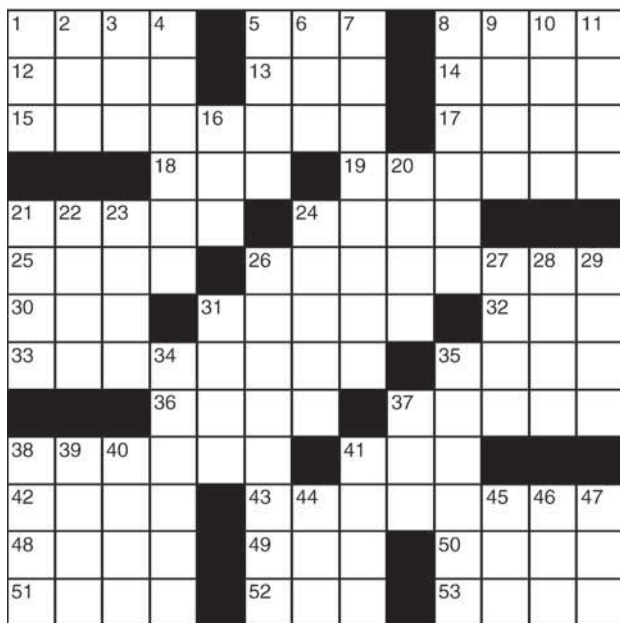
AVIurban



Crossword

Across

1 Above
5 Stick out
8 Take out of the manuscript
12 Carry on
13 Fire residue
14 Holly
15 Poisonous evergreen
17 Put away for a rainy day
18 Seek restitution
19 Funny, in an O. Henry sort of way
21 Ersatz chocolate
24 Huff and puff
25 Prayer ending
26 Sieve
30 Business deg.
31 "The Age of Anxiety" poet
32 Past
33 Potpourri of a sort
35 Rorschach test picture
36 Cincinnati team
37 Mustard-family herb
38 Urban problem
41 Hot tub
42 Bedouin
43 Robinson Crusoe, e.g.
48 Hammer's target
49 Ultra-modernist
50 Money
51 Rote of football lore
52 Talk on and on
53 Syringe, for short
Down
1 Acapulco gold
2 Actor Kilmer
3 Previous night



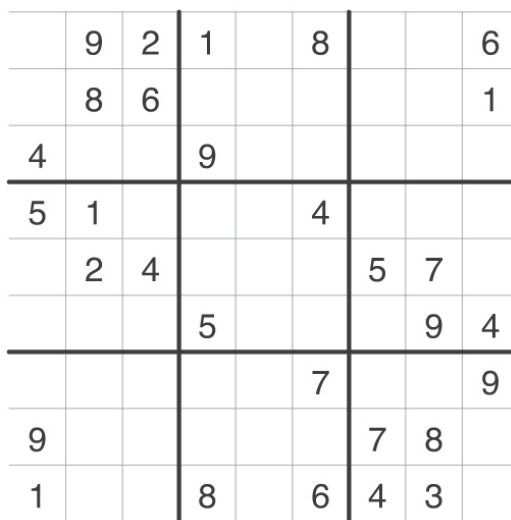
4 Logic
5 Nephrite
6 Work with
7 Michael Jackson hit
8 Repudiate
9 Verve
10 Jeans-maker
11 Biz bigwig
12 Gist
13 Reddish horse
14 Bivouac
15 Early pulpit
16 Paper quantity
17 Portends
18 Holding affectionately
27 Chip's cartoon pal
28 Ids' counterparts
29 Deteriorates
30 From the beginning
31 Fit for farming
32 Limb
33 Tax pro
34 Foundered
35 Say grace, e.g.
36 Bar
37 Unkempt one
38 Vast expanse
39 Week fraction
40 Kreskin's claim
41 Pi follower
53 Barbie's

companion

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

7	2	4	1	3	9	5	6	8
9	5	1	4	8	6	3	7	2
3	6	8	2	5	7	1	9	4
2	8	5	6	9	4	7	3	1
1	9	3	8	7	2	6	4	5
4	7	6	5	1	3	8	2	9
8	3	2	9	6	5	4	1	7
5	4	7	3	2	1	9	8	6
6	1	9	7	4	8	2	5	3

A look at the weather

TUESDAY	WEDNESDAY	THURSDAY
Min -6° Max 7°	Min 2° Max 3°	Min -6° Max 1°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 5:30AM



Today's horoscope

♈ Aries March 21-April 20

Speak your mind today and don't worry too much who might be offended.

♉ Taurus April 21-May 21

Don't be secretive about your social and professional ambitions – let everyone know what it is you are hoping to achieve.

♊ Gemini May 22-June 21

You will be intensely ambitious over the next few days. Go for it!

♋ Cancer June 22-July 22

Can you afford to sit back and look smug as the plans you made a few months ago begin to pay off? Yes you can.

♌ Leo July 23-Aug. 23

This is a good time to start something of a business nature.

♍ Virgo Aug. 24-Sept. 22

Are you looking at a situation with clear eyes, or are you seeing what you want to see rather than what is truly there?

♎ Libra Sept. 23-Oct. 23

You must pace yourself sensibly today, even if you think you can labour from dawn to dusk without a break.

♏ Scorpio Oct. 24-Nov. 22

All things are possible and if you want something enough you will find ways to get it today.

♐ Sagittarius Nov. 23-Dec. 21

Don't turn your back on some-

For today's crossword answers and for expanded horoscopes, visit metronews.ca

one who needs help, even if they have been less than helpful to you in the past.

♑ Capricorn Dec. 22-Jan. 20

There is no point losing your temper with someone whose beliefs you profoundly disagree with.

♒ Aquarius Jan. 21-Feb. 18

Make a decision and stick with it. If you chop and change you could do yourself a great deal of damage.

♓ Pisces Feb. 19-March 20

A new moon in your sign means a new beginning – but what kind of new beginning is entirely up to you.

© SALLY BROMPTON

Caption contest



"I think it's time for some Botox injections." JOHN



You write it!

Write a funny caption for the image above and send it to play@metronews.ca – the winning caption will be published in Tuesday's Metro.

THE ENCLAVE CASTLE KEEP

NEW WESTSIDE TOWNHOMES.

homesbyavi.com/theEnclave

Immigration & Visa
Immigration Consulting Group - 2nd floor, 638-11th Ave., SW. Calgary

Spousal Sponsorship & Appeals

LMO & Work Permit Applications
Temporary Foreign Worker to Permanent Resident
PR & Citizenship
Visitor & Student Visas

Commissioner for Oaths

Licensed Immigration Consultant
JAY CHAHAL, M.A. Member: ICCRC
www.gocanadavisa.com
jchahal@shaw.ca
Consultation Appointment Call: 403.827.3853

Adventure!
Teach English Overseas

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

1.888.270.2941
Job Guaranteed!

Next in-class course: Apr 4th - 8th, 2012
Next Seminar: March 13th, 2012 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globatesol.com

GLOBAL TESOL COLLEGE
Real English Worldwide

SAMSUNG

Discover the **Note**,
star of the GALAXY family.



telusmobility.com/galaxy

 **TELUS**

the future is friendly®

SAMSUNG

... a smartphone?



Actual device size

Part smartphone. Part tablet.
It's the **GALAXY Note.**

telusmobility.com/galaxy

 **TELUS**
the future is friendly®